

Consultations

Consultations last one hour, weekly or fortnightly as agreed at the initial meeting.

Initial meeting: usually one hour, to discuss your needs and interests.

Fees: £40 or as agreed at the initial meeting. Some concessions are available for unwaged clients.

Venue – as agreed at the initial meeting.

Initial course of treatment is 6 sessions. Any continuation will be discussed during the fifth session.

All consultations are strictly confidential – although cases are discussed with psychotherapeutic supervisors, no details that might identify you are ever revealed.

Cancellations will be charged for unless notified at least 24 hours prior to the scheduled appointment.

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www.cillaconway.com/counselling



About Cilla

Born in Holland and brought up in Zimbabwe, Cilla trained as a graphic artist at Natal Tech in South Africa. After moving to Britain in 1971 she painted a full set of tarot cards, now published as *The Intuitive Tarot*.

In 2001 Cilla gained an honours degree in Fine Art at Guildhall University in London, and the next year left the corporate world to become self-employed as an artist. With the publication of her tarot deck and the creation of a second deck, *The Devas of Creation*, she began to read professionally. Today she practices as a bereavement counsellor with Cruse, teaches art, and continues her tarot consultations. In 2008 she completed a Masters in Psychotherapy and Healing (validated by Middlesex University).

Cilla draws on more than thirty-five years of spiritual and self-development through art and creativity, from a Jungian and transpersonal perspective. Her particular interest is the connection of art to spirituality, healing, and the unknown.



Creative Counselling

with

Cilla Conway

Soul healing

In today's frenetic world it is easy to become disconnected with ourselves. We usually begin by looking for the solution in the outside world – a new house, different job/partner, travel – and so on. Gradually we realise that the solution lies within. We begin to reflect, looking for answers, trying to deal with the pain or anger that emerges; often we embark on a series of activities – workshops, lectures, therapy, that we hope will show us the way.

Sometimes this leads to further confusion, as we find there are no easy answers. Of course, for each individual the journey is different;



everyone has their own way of journeying along the path. Sometimes, however, it can be useful to have a witness to accompany you along the way.

In particular, in times of distress, when we feel confused, disconnected and alone – the Dark Night of the Soul – a support in the darkness is invaluable, helping us to keep going where we might otherwise lose hope.

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Cilla's creative counselling is client-focused, underpinned by concepts such as spiritual purpose, transformation and integration. She uses a variety of methods – all forms of creativity, archetypal imagery,

active imagination, and dreams and dream re-entry, and the relationship that grows between us, to facilitate self-awareness and self-expression. Along the way we may encounter strange beings, mythic lands, challenges and anger, and see how both dark and light, ugliness and beauty, male and female, are integral parts of the Self. None of us is exempt from the Shadow – we are all capable of pettiness and envy, of dread and panic; but consciously utilising the alchemical mix of dark and light, working creatively through all difficulties, allows us to heal on a profound level.

Accessing these deep archetypal realms will enable you to reconnect with your deepest sense of purpose and belonging, and reclaim your birthright ... the person you were born to be.

