



# INDIGO-GRACE *Counselling*

LIFE-CHANGING TRANSFORMATION

[INDIGO-GRACE.COM.AU](http://INDIGO-GRACE.COM.AU)

# HOW I CAN HELP

## ABOUT COUNSELLING

Holistic Counselling &  
Intuitive Psychotherapy.  
pg 3, 4  
About Me pg 11

## SERVICES & BOOKINGS

Services for individuals,  
couples & families.  
Discounted packages.  
pg 5  
Contact Me pg 12

## NATIONAL INSURANCE DISABILITY SCHEME

NDIS self & plan managed  
participants welcome.  
Upfront quotation and  
forward invoicing available.  
pg 6

## MOBILE COUNSELLING

Available to some areas for  
NDIS self and plan  
managed participants at home,  
cafe, park or suitable location.  
pg 6

## PROGRAMS

Self-esteem Development  
Process.  
Soul Medicine  
Transformation Program.  
pg 7, 8, 9

## ENERGY MEDICINE

Accredited Shamanic,  
Reiki & Intuitive Energy  
Medicine.  
Inner Child Healing.  
pg 10



# COUNSELLING

BE HEARD, UNDERSTOOD, SUPPORTED AND GUIDED  
THROUGH LIFE'S CHALLENGES

Not only will you be listened to and understood, you will be supported to feel safe and comfortable to explore the thoughts, feelings, beliefs, behaviours, themes and patterns in your life. You will better understand yourself and others, have more clarity on why you and others do what you/they do, and what's really going on underneath issues.

Whether issues are related to only yourself or with a partner, parents, children, family, friends, carers, at work and so on, you will be guided to uncover the answers to your questions, needs, wants and desires. You will be assisted to identify and work through the core emotional and psychological issues causing unwanted outcomes and unhelpful coping mechanisms, so you can find and implement solutions, strengthen your self-esteem, develop healthier boundaries, feel more empowered and connected to your authentic self, passion, purpose and more.

As a result you may see yourself having healthier relationships, greater emotional regulation, feeling safe to have a voice, the ability to leave situations or even more able to form closer connections and intimacy with others. Whatever the outcome you seek, is what we will focus on and journey towards.

## OUTCOMES

Some of the positive results you may recognise in yourself, and even in others responding to your new ways of being, may include:

- Healthier boundaries and self-esteem
- Improved emotional regulation
- Feeling safe to have a voice
- The ability to leave unhelpful situations
- Becoming more comfortable with and able to form closer connections and intimacy with others
- Overcome co-dependency and addictions
- Develop healthy coping mechanisms

## SPECIALITY

All issues are welcome in addition to the following:

- Abuse - psychological, emotional, sexual, physical, financial, social, spiritual, narcissistic and bullying
- Depression, anxiety, OCD
- Complex/Post Traumatic Stress Disorder (C/PTSD)
- Childhood wounding and trauma therapy
- Unstable Emotional Personality Disorder (aka BPD)
- Emotional regulation and distress tolerance
- Body image and eating disorders - especially comfort/emotional/binge eating (BED)
- Self-esteem, empowerment, relationships, career

## TECHNIQUES

An integrative approach to counselling to develop psychological strengths and resilience protection, capacity building and psychosocial integration, drawing on evidence based modalities including, but not limited to:

- Person-centred and Trauma Informed Therapies
- Cognitive Behavioural Therapy (CBT)
- Cognitive Emotional Behavioural Therapy (CEBT)
- Dialectical Behavioural Therapy (DBT)
- Emotionally Focused Therapy
- Psychodynamic, Somatic and Schema Therapies

## SESSIONS

Counselling sessions are available in-person, online or by phone for adults, adolescents and children:

- Individuals - 1.5hrs
- Couples - 2hrs
- Families - 2hrs

Based in Palmyra/East Fremantle.

Mobile counselling may be available to some areas for NDIS self and plan managed participants.

Pricing and bookings via the Indigo-Grace website.

Package discounts available.



# SERVICES & BOOKINGS

## EXCELLENT VALUE - QUALITY TIME

### **For the following sessions - book directly via the Indigo-Grace website**

- Individuals counselling - 1.5hrs (can include energy healing and inner child healing if required)
- Couples Counselling - 2hrs
- 6 sessions for 5 plan (individuals or couples)
- Energy Healing - 2.5hrs (includes counselling/intuitive psychotherapy and inner-child healing if required)

### **For the following counselling and healing packages - contact Indigo-Grace**

- Family counselling
- 16 session plan
- Self-esteem Development Process
- Soul Medicine Transformation Program

## CONTACT OR MAKE A BOOKING

- Go to the website [indigo-grace.com.au](http://indigo-grace.com.au)
- Book sessions via the online booking calendar.
- Book a free discovery call to discuss your counselling and energy healing needs.
- Make an enquiry via the Contact form (including NDIS self and plan managed participants)
- Read more information on services, specialist topics and client testimonials.
- Subscribe for occasional newsletters to stay up to date with news, events, workshops and special offers.

# NDIS SELF & PLAN MANAGED

## CAPACITY BUILDING: COUNSELLING

Counselling is available through the NDIS Capacity Building Support to enable participants to build their independence and skills. Counselling facilitates the awareness of the participant's self-knowledge, emotional acceptance and growth and the optimal development of personal resources to help the participant work towards their personal goals and gain greater insight into their lives.

Capacity Building Support Categories aligned to the NDIS Outcomes Framework:

- Daily Living
- Home
- Health and Wellbeing
- Lifelong Learning
- Work
- Social and Community Participation
- Relationships
- Choice and Control

## MOBILE COUNSELLING

In addition to in-person, phone or online counselling, mobile counselling is available, when necessary, for NDIS self and plan managed participants located up to a half hour drive, approximately 25-30kms, from Fremantle, north or south of the river. Where possible, sessions can be held in your home, at a nearby park, cafe or other suitable space, depending on the weather and accessibility. Contact Indigo-Grace to discuss further.

## NDIS 16 SESSION PACKAGE

For NDIS self and plan managed participants, you may qualify for a 16 session counselling package. If so, you would receive 50% more session time than most therapists offer. A saving of nearly \$1,000 on your plan spend. Upfront quoting and forward invoicing is available. The NDIS 16 session package also applies to the Self-esteem Development Process and the Soul Medicine Transformation Program options.

# SELF-ESTEEM DEVELOPMENT PROCESS

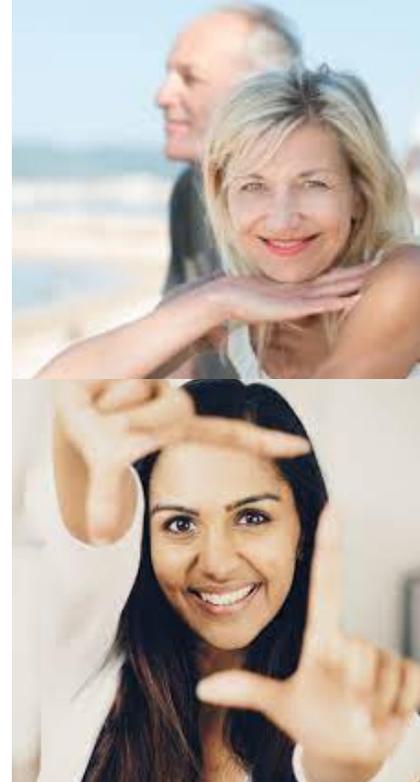
ACCEPTANCE | BELIEF | CONFIDENCE | EMPOWERMENT

Developing healthy self-esteem is essential to a positive sense of self, to best engage with and manage life as effectively as possible, and in supporting your ability to develop and maintain meaningful relationships.

Throughout this process you will:

- Identify and explore, using a gentle, holistic approach, past and present experiences impacting the development and maintaining of healthy self-esteem.
- Uncover and recover from emotional wounding.
- Replace unhelpful thoughts, feelings, behaviours, beliefs and coping mechanisms with those which best reveal your authentic truth.
- Discover and implement the missing links specific to your self-esteem development.
- Connect with your inner wisdom to discover, reclaim and validate your personal truth.
- Learn and integrate self-honouring techniques to embody and ground your essence.
- Feel lighter, more confident and content with a greater positive outlook for your future.

"The way Indigo integrates her healing skills helps one feel at ease and free of judgment. I highly recommend Indigo to both women and men who are looking for long term changes in mental, physical and spiritual growth. Indigo-Grace has what it takes to facilitate what the individual needs." Rebecca Cripps - school teacher





# SOUL MEDICINE TRANSFORMATION PROGRAM

## THE PATHWAY TO WHOLENESS & INNER-PEACE

A heart-centred, therapeutic process for women seeking to truly transform their lives, their sense of self in mind, body and spirit; to connect, ground, further develop and embody their authenticity, empowerment, self-esteem, passion, purpose and more.

The Soul Medicine Transformation Program has been developed to assist you to identify and clear, once and for all, those emotional issues which are preventing you from living your best life possible.

Most negative thoughts, feelings, beliefs, behaviours and coping mechanisms, including addictions and emotional regulation, are the outcome of emotional wounding or trauma.

The process of overcoming core issues requires a specific series of steps which are not only psychological, but emotional and energetic. If just one of these steps is not thoroughly achieved within you, the remaining steps will not be successful and the issue will continue.

Finally, a profoundly transformational program incorporating and guiding you through every step essential to overcome life's biggest challenges, so you may reach the place within you wish to be.



# TESTIMONIAL

## ONE WOMAN'S REFLECTION ON HER SOUL MEDICINE TRANSFORMATION JOURNEY

"Soul Medicine is real. You can literally feel it changing your soul/energy body, it is like a rush of light. It is the process of enlightenment, with the tools to get you there. For me the highlight has been the empowerment and joy I have felt knowing and learning that emotional and soul healing is possible. That behavioural change is real, for me and others. Another really positive element of Soul Medicine Transformation is witnessing the change in others, especially the women in my group who have transformed before my very eyes, what an honour and a privilege to behold.

The journey is real, there are peaks and valleys, there are obstacles and openings, but the Soul Medicine Transformation journey is an organic process and at times takes me on the journey. I didn't realise how brave I could be or how safe I could feel facing challenging trauma, or how liberated I could feel after being brave and learning to feel and to trust the process of validating and healing and transforming." Grace Clare - program participant



# ENERGY MEDICINE

## ACCREDITED SHAMANIC, REIKI & ENERGY HEALING

Intuitive energy healing, or vibrational medicine, is the ability to use information from the soul level in order to heal the various energy bodies of the person. It does not matter if the problem lies within the physical, mental, emotional or spiritual bodies. Energy healing is one of the most profound and fundamental therapies in the field of alternative, complimentary medicine and holistic health. Working with the vibration of the body and chakra system, vibrational energy healing, works independently and with western medicine approaches to support health and wellbeing of the mind, body and soul.

Energy medicine may be used to support counselling/ psychotherapy sessions if you wish. This service is also available for NDIS self and plan managed participants.

If this modality is for you, energy healing is available in 2.5hr sessions and may include:

- Soul retrieval
- Cord cutting
- Soul contracts
- Inner child healing
- Entity removal
- Chakra balancing
- Energy body clearing
- Shamanic journeying
- Guides, spirit animals and more

# ABOUT ME

## HELLO!

I'm Indigo-Grace and I'm truly delighted to bring you opportunities for fulfilling personal growth, healing, tools, skills, transformation, joy and inner-peace.

I have a Counselling degree, psychology and psychotherapy, and I'm accredited in Shamanic Energy Healing. With over a decade of experience in counselling and energy medicine, I'm experienced with many modalities and formats including:

- adult, adolescent and child holistic counselling
- trauma therapy
- group facilitation
- recovery programs
- peer support
- women's, men's and co-gender circles
- workshops, events and more

My calling is to support you in developing healthy self-esteem and rising from life's challenges; to help you reclaim your sense of empowerment, connect with your passion and purpose and live life authentically, to the greatest of your capacity. The focus is always on identifying your needs and intention, then working together through the issues in the way of that as quickly and easily as possible.

I'm grateful to have helped so many people reconnect to their strengths, remove psychological and emotional blocks and flourish. The privilege of sharing such a personal journey with others fills me with enormous respect and awe for their courage and innate wisdom. I look forward to walking this life-changing journey with you too.





# INDIGO-GRACE

HOLISTIC COUNSELLING  
INTUITIVE PSYCHOTHERAPY  
ENERGY MEDICINE

**INDIGO-GRACE.COM.AU**

## CONTACT ME

LET'S WORK TOGETHER

S. Indigo-Grace Taylor (BCouns.)

To contact me, more information, session bookings  
or to book a FREE Discovery Call go to  
[www.indigo-grace.com.au](http://www.indigo-grace.com.au)

Located in Palmyra/East Fremantle, Western Australia