

**Question 6: What are the areas of Therapy that really interest you and why?**

I love watching people change and grow and become empowered to lead a more enriching and happy life. I also love helping people think about the deeper questions of life and to get in touch with their spiritual nature which ultimately helps people to engage in life much more fully. This is one reason why I focus on helping people heal relationships, improve self-esteem, let go of anger and fear and, when appropriate, teach people how to forgive. I like helping people learn how to get in touch with their innermost being and for those interested, I do this by helping people interpret dreams, learn meditation practices and by challenging people's limited belief systems.