

Private Mentoring with Sue Jones

Do you struggle with anxiety or depression? Is hypervigilance, intrusive thinking or obsessive/compulsion preventing you from feeling relaxed, safe and joyful? Do you struggle with sexual or romantic intimacy? Feel like you've been trying for years to find some relief with no results?

Truthfully all humans experience some form of trauma that over time can develop into traumatic stress or result in a dysregulated nervous system. This sabotages our ability to enjoy meaningful relationships and experiences in our lives. Over time we feel broken, unfixable and stuck.

Working one on one with Sue will help you change your relationship to your body and yourself, give you tools to help you navigate through discomfort in your body, and ultimately lead you down a path of healing that will change how you feel in your relationship with yourself, your body, those with whom you are close and ultimately your life.

Sue's gentle guidance puts the power of healing in your hands. She guides you toward a compassionate understanding of how and why the neural mapping of your body developed to protect you, and encourages you to explore different responses to familiar triggers *as you are ready and willing*. Steps toward healing often feel uncomfortable and sometimes frightening, and reorganizing our body's habitual responses takes time. Every step of the way is taken *only* when you are ready to do so.

Healing takes time and courage. Sue guides and supports you until you feel ready to do so for yourself. Through your work with Sue you will experience positive changes in:

- Professional relationships
- Family relationships
- Marriages and other intimate relationships
- Sexual health
- Mental health
- Emotional health
- Addictions
- Eating disorders
- OCD
- Anxiety
- Intrusive thoughts
- Depression

** All sessions are one hour and are conducted online over Zoom. Cost for one hour session is \$125

To schedule an appointment email Sue at sue@suzannejones.com