CHARIS COUNSELLING

Many of my clients reach out when they're feeling **overwhelmed, disconnected, unsure how to move forward or stuck in patterns** that no longer serve them. They may be navigating **trauma, sexual violence, anxiety, burnout, relationship challenges or a loss of sense of self**. Some are healing from early **attachment wounds**, while others are learning to manage the **impact of stress** on their bodies and emotions. My work supports those who are ready to explore their inner world with curiosity and compassion. Our work together focuses on slowing down and creating space to **understand what's happening beneath the surface: emotionally, spiritually and physically**. Through mindfulness, somatic awareness and gentle exploration we work to **restore balance, clarity and a stronger sense of self.** Whether you're seeking relief, clarity, or a deeper sense of wholeness our work together focuses on helping you **feel grounded, empowered and in tune with yourself**. If you're ready to begin making sense of your experiences and feel more grounded in your life, I invite you to reach out and start that process together.

HOW I PRACTICE

- Hakomi Somatic Psychotherapy
- EMDR
- Ego States/Parts Work
- Mindfulness
- Meditation

Thera Priya
THERAPY WITH PRIYA



PRIYA JASWAL
Registered Psychologist

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