

My Holistic Self
Counselling & Psychotherapy



Heal. Grow. Expand



SELF-GROWTH & DEVELOPMENT RESOURCES FOR THERAPY

Everyone's experience is their own, but some things are universal.

I want to begin by honouring your courage and vulnerability in stepping out of your comfort zone to embark on this journey of healing and growth with me. My role is to provide a safe, supportive space where you can explore the issues and concerns that arise in your life. Your role is to trust in yourself and your process.

With over 20 years of experience in the mental health field, I've come to recognize certain foundational tools that are essential for everyone's journey. This document offers those tools for your reflection. As you begin to build a firm foundation for your growth, we will work together to personalize your path through your therapy goals and intentions.

We are creatures of habit, reacting to stimuli, engaging in patterns that have come to define how we see ourselves. These habits often serve as defence mechanisms, security blankets that wrap us in the comfort of the familiar. But not all of them serve us well on this new path. Recent research shows that it can take more than two months to release harmful behaviours and establish healthier ones. So I ask that you be patient with yourself as you move forward—this is a journey of change, and change takes time.

Self-Compassion

Self-compassion is an essential life skill to cultivate on your healing journey. Since the therapeutic process often involves exploring deep-rooted beliefs and patterns, developing self-compassion becomes vital to supporting your healing.

In this brief 6-minute video, Dr. Kristin Neff outlines the **Three Components of Self-Compassion**, offering a helpful framework for understanding and practicing this powerful inner resource.



On Dr. Kristin Neff's [**self-compassion website**](#), you can explore mindfulness meditations and self-compassion practices designed to support your healing. While engaging in therapy, it's important to be kind to yourself and to the emotions that arise. Rather than immediately shifting into problem-solving mode, these practices invite you to *turn toward* your emotions with gentleness and curiosity.

The tools offered on this website are intended to help you experience greater peace and calm. In doing so, you reinforce the habit of self-compassion—giving yourself what you truly need in the moment. This gentle practice plants seeds that, over time, blossom into lasting emotional resilience and inner growth.



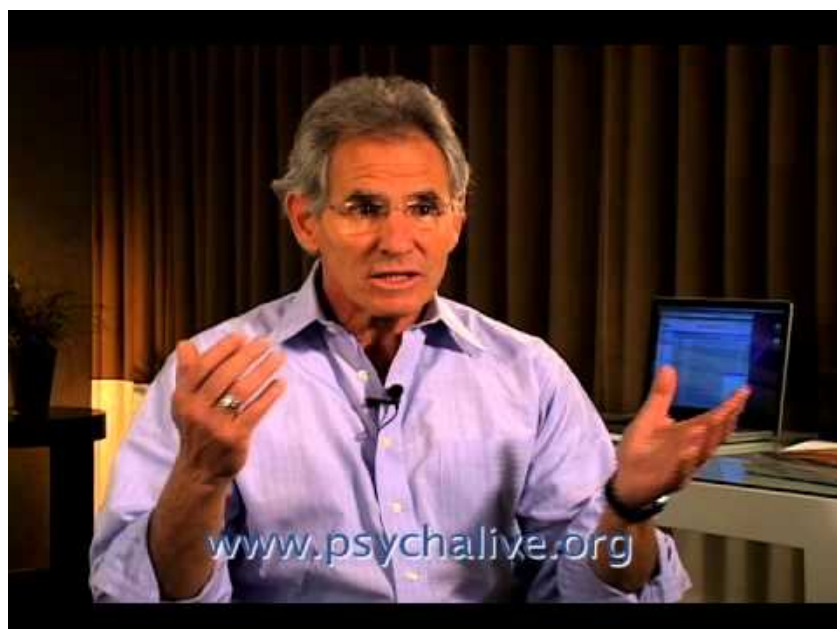
Mindfulness

Jon Kabat-Zinn describes mindfulness as the means by which we connect with our experience by *"paying attention, on purpose, in the present moment, non-judgmentally, as if your life depended on it."*

Cultivating mindfulness is a foundational skill in the process of self-growth. It allows us to become aware of our thoughts, emotions, and patterns without getting lost in them – creating space for healing, insight, and change.

One of the most powerful aspects of mindfulness is the practice of non-judgment. So often, we are quick to label our experiences as good or bad, right or wrong – especially our emotions. When we meet our inner world with judgment, we create tension and resistance. But when we approach ourselves with curiosity and compassion instead of criticism, we begin to soften. We create a safe inner environment where healing can unfold.

Non-judgment doesn't mean that we ignore difficult emotions or uncomfortable truths – it means that we allow them to exist without shame or blame, recognizing them as part of the human experience. This opens the door to deeper understanding, gentler self-relationship, and more lasting transformation.



Ongoing work

A typical therapy session lasts 50 minutes, but the real growth often happens in the time between sessions. To get the most out of your therapy, it's helpful to reflect on your intentions and goals throughout the week.

Keeping a journal can be a powerful tool. You might use it to process insights from your last session, prepare thoughts or questions for your next one, or simply stay attuned to your thoughts and feelings as they arise. This ongoing reflection not only provides valuable material for your sessions but also helps you integrate the work into your daily life—making the process more meaningful and effective.

Along the way, we will explore and practice a variety of tools and techniques tailored to your needs. These may include emotional regulation strategies, mindfulness practices, parts work, grounding exercises, and self-compassion techniques. Therapy is the space where you'll learn these tools—but the transformation happens when you begin using them in your everyday life. The more you engage with and apply what we work on together, the more confident and empowered you'll become in navigating life's challenges.

For those who are looking to go deeper or prefer more spacious time for processing, I also offer extended sessions and therapy intensives. These options allow for more in-depth exploration and can be especially helpful during periods of transition, crisis, or focused inner work.

Understanding Your Attachment Style

Understanding your attachment style is a key step in your healing journey. The way we attach early in life shapes how we connect, trust, and relate to others in adulthood. Because our minds create meaning based on past experiences, our attachment patterns can deeply influence our relationships, often without us realizing it.

What Are Attachment Styles?

Attachment styles are patterns of relating that develop in childhood, based on how our caregivers responded to our needs for safety, comfort, and connection. These early experiences shape the internal templates we carry into adult relationships—whether we tend to feel secure, anxious, avoidant, or a mix of these.

There are four main attachment styles:

- **Secure** – You generally feel comfortable with closeness, trust others, and can express your needs.
- **Anxious (Preoccupied)** – You may crave intimacy but fear rejection or abandonment, often feeling “too much” or needing constant reassurance.
- **Avoidant (Dismissive)** – You may value independence, feel uncomfortable with too much closeness, and struggle to express emotions or needs.
- **Fearful-Avoidant (Disorganized)** – You might experience a push-pull dynamic in relationships, desiring closeness but fearing vulnerability and rejection.

These patterns are not fixed, they’re adaptive responses you learned to survive and connect in the best way you could. Through awareness, compassion, and intentional work, it is possible to shift toward a more secure way of relating – both to others and to yourself.

To support our work together, please take one of the attachment style quizzes below and keep your results so we can explore them in session.

You may choose from any of the following sites (for the first two, please select **Option A**):

[Attachment Styles & Close Relationships](#)

[Attached the Book](#)

[Attachment Project](#)

The Enneagram as a Tool for Inner Work

Enneagram - *"Believing that if we build out the mythology of who we think we are, then the more attractive our identity and the more valuable we become... Over-identifying with our success or failure, allowing the fragments of our identity to lay claim to the whole, and falling into the addictive loop of mental and emotional preoccupations keep us stuck."*

The contemporary Enneagram of Personality illustrates the nine ways we get lost, but also the nine ways we can come home to our True Self." -C. L. Heuertz

The Enneagram is a powerful psychological and spiritual map of personality, offering deep insight into the core motivations, fears, and patterns that shape our behaviour. It outlines nine personality types, each with its own worldview and coping strategies, which develop in childhood as a means of navigating life and seeking love, safety, and belonging.

In therapy, the Enneagram can be used to bring awareness to unconscious patterns and self-limiting beliefs, helping you uncover not only *why* you behave the way you do, but also *how* you can move toward greater freedom, compassion, and authenticity. It invites us to loosen the grip of our conditioned identities and return to the deeper truth of who we are beyond personality—our True Self.

Whether you're new to the Enneagram or have been exploring it for some time, we can integrate it into our work to support your healing and personal growth.

If you're interested in discovering your Enneagram type, you can begin by taking a short online test at openpsychometrics.org. While this can offer an introduction to your potential type, it's important to remember that the Enneagram is more about self-inquiry and reflection than quick results.

Alternatively, I offer a comprehensive Enneagram assessment that we can explore together in session.

Podcasts & Conversations to Support Your Journey

As part of my commitment to holistic healing and authentic connection, I cohost ***Twillow Talk: Authentic Spiritual Conversations***, a space where we explore deep, soulful topics that support personal and collective growth. You're warmly invited to join us live on **Monday nights at 5:00 PM Eastern** on Facebook via my page [@HolisticSelfCounselling](#) or on YouTube [@MyHolisticSelf](#).

While I admit that social media isn't my strong suit, I do my best to share meaningful and inspirational content there when I can.

I also recommend the following podcasts, each offering unique insights into being human, navigating emotions, and embracing healing:

- **WER3 Podcasts - *Imagine New Perceptions on Being Human***

Hosted by three professional psychotherapists and published authors – *Natalie Lebel, Suzanne Rochon, and Carmen Jelly*– this podcast blends personal stories, research, and therapeutic tools to help listeners navigate the complexities of life.

Find episodes on [Podbean](#), or listen on Spotify and iTunes by searching *WER3*.

- **Couch.to.Couch - *Making Therapy Make Sense***

Hosted by *Chuck Leblanc, RP*, this podcast features conversations with a variety of guests aimed at making therapy more accessible, understandable, and relatable.

- **Being Well with Rick Hanson**

Hosted by psychologist *Rick Hanson* and his son *Forrest*, this podcast explores the unconscious roles we play in relationships, how those roles impact our patterns, and ways to break free from cycles like triangulation and enactments. It offers both practical insights and deep reflections for anyone on a healing path.

Helpful & Fun Apps

BreathEasy - a free app that allows you to set your breath work and provides a visual to assist with breathing exercises

Breathwork - a partially free, partially paid app with breathing exercises and lessons

Drink Water Reminder N Tracker - free app that allows you to set alerts to remember to drink water (can also be used as a timer for breathing!).

Insight Timer - a free app with a paid version that promotes health & wellness through a variety of meditations, breathing practices and more.

Smiling Mind - a free app that talks about mindfulness and provides tools for practicing and tracking mindfulness in daily activities.

Finch - a free app with a paid version that promotes psychological health through a variety of self-care, introspective and somatic exercises you do while taking care of a virtual baby Finch.

A Kinder World - a free app with a paid version that promotes psychological health through a variety of self-care exercises that help you grow virtual plants.

Head Space - a paid app with meditation and mindfulness tools to help support your mental health.

TappingSolution - a paid app with a free trial. Based on Emotional Freedom Technique (EFT), Tapping Solution draws on theories such as acupuncture, neurolinguistic programming, energy medicine, and Thought Field Therapy. The app walks you through where tapping is and provides tapping meditations to help ground, relieve stress and anxiety.

Additional Resources & Website Guide

To support your journey beyond our sessions, you're warmly invited to explore a variety of tools and resources available at www.myholisticself.com. Here's a quick guide to what's available and how it can enrich your healing process:

Explore Our Services

- **Psychotherapy Services:** Learn more about Psychotherapy, EMDR, OEI, and how I integrate Spiritual Energy Healing into therapeutic work.
- **Additional Services:** Discover information on EFT/TFT, Family Constellations, Human Design + Coaching (including Gene Keys and the Success Codex), intensives, retreats, and other holistic modalities.

Meet the Team

Read about me and the wonderful practitioners who offer services through MHS under the *Meet the Team* section – and don't miss the hidden *Easter Egg* about our beloved office assistant!

Resources for All

Under the *Resources* tab, you'll find:

- **Urgent Care Resources**
- **Specialized Resource Pages** for:
 - BFRBs (Body-Focused Repetitive Behaviours)
 - LGBT2SQ+ communities
 - Neurodivergent individuals (NeuroBeautiful)
- **Videos & Podcasts:**
 - *Twillow Talk Live* and other shows I've hosted or joined
 - Curated YouTube recommendations and educational videos

Clients-Only Area

There is a *Clients-Only* section exclusively for current clients. Once registered on the site, just let me know you've signed up, and I'll personally approve your access. Inside, you'll find:

- Psychoeducational tools
- Informational PDFs
- Self-reflection journal links
- Emotional regulation techniques

- Meditation and mindfulness resources
- Therapy-support tools to deepen your process between sessions

I'm always adding to this space when time and inspiration allow, so please check back periodically!

More to Explore

- **Blog & Inspiration:** Scroll to the bottom of the home page to read personal reflections and subscribe (no spam – only when inspiration truly hits!).
- **Read About Us:** Dive into articles that share more about me and the ethos of Holistic Self Counselling.
- **MHS Publishing:** Explore published works and upcoming titles.
- **Social Media:** Find all social links at the bottom of the home page.

Additional Info

Under the **More** tab, you can access:

- Free support groups through *Beyond Being Human*
- FAQ page
- Investment (fees) information
- Contact details

Booking & Managing Your Sessions

All appointments can be conveniently **booked, changed, or canceled online** through our secure client portal:

myholisticself.janeapp.com

Booking Tip: I recommend **booking ahead** to ensure continuity and to secure the times that work best for you. I'm always happy to schedule your next sessions with you at the end of our time together. However, if we run out of time – or if you'd rather do it on your own – feel free to use the online portal at your convenience.

You can also link your sessions to your personal calendar (Google, Apple, etc.) so they automatically show up and you never miss a session.

If you ever have questions or run into issues with Jane, please reach out – I'm always happy to help.

Information & Emergency Lines

The Mental Health Crisis Line - a bilingual line for people ages 16 or older 24 hours a day, seven days a week. Callers can reach the line at **613-722-6914 or 1-866-996-0991** if outside Ottawa

Kids Help Phone - (EN) (**1-800-668-6868**) provides confidential phone and web counselling for children ages 20 and under, 24/7.

Crisis Text Line - is powered by the Kids Help Phone. It's open to adults who would rather text someone about their crisis. Crisis Text Line provides access to free, 24/7 support and information via the medium people already use and trust: **text**. Text **HOME to 686868** from Canada, anytime, about any type of crisis.

General info line - Call **2-1-1** for information on the full range of community, social, government and health services and programs available in Ottawa and how to access those services.

ConnexOntario:

Gambling helpline: 1-888-230-3505 - opgh.on.ca

Addictions helpline: 1-800-565-8603 - dart.on.ca

Mental Health helpline: 1-866-531-2600 - mhsio.on.ca

[ConnexGo app](#)