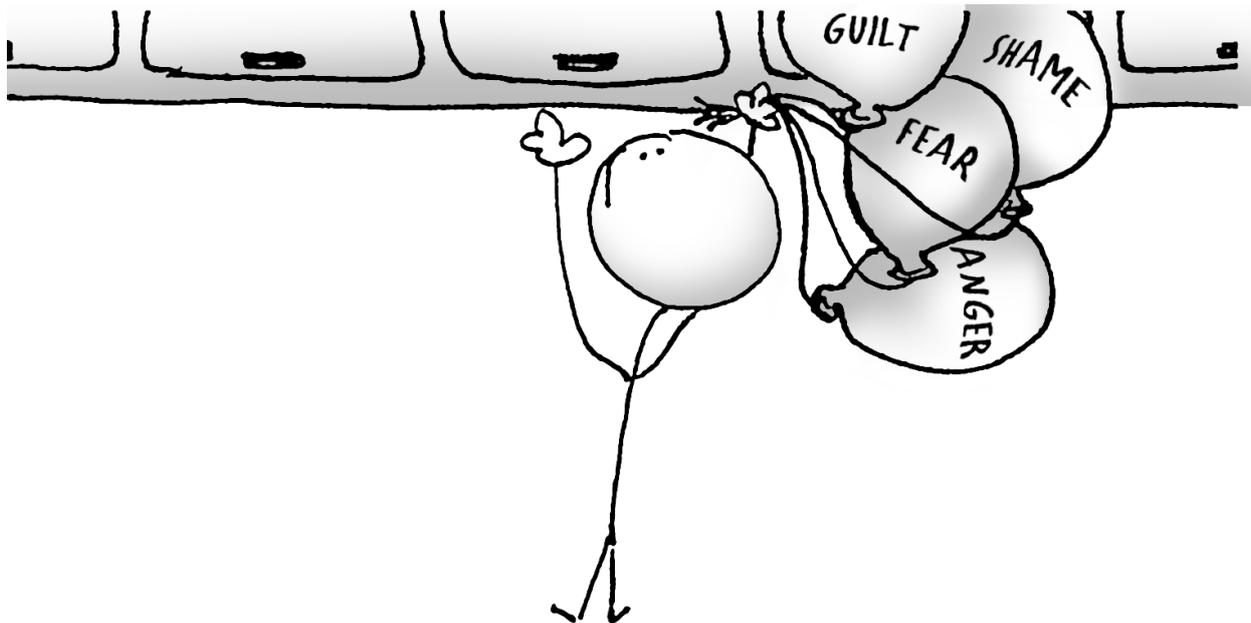


SOME PEOPLE WHO HAVE BEEN HELPED BY TRACY, INTEGRATIVE COUNSELLING



1. PEOPLE WITH IDENTITY OR BOUNDARY ISSUES

Defining and asserting the needs of your “self” is not always easy. If you have poor self esteem or don’t set proper boundaries with people in relationships you can feel lost, like you don’t know who you really are, or what you’re doing with your life. These issues can be worked through by defining problems in detail, setting better boundaries, and having higher standards for communication. Setting goals for yourself and your life is also an important part of becoming a “whole” self. Tracy has worked with several men and women to help them find their own identities separate from past problems and severe boundary entanglements (confusion/enmeshment) with family members and others.

Thank-you! What a wonderful course.

All of my beliefs are back. So that I am regarding the last year in a completely different way, in my way. It is a strange feeling and yet a great feeling, I know you understand what I mean. I have been walking around for many months saying I am physically and emotionally bankrupt. I have also used words like drained and exhausted, because this was exactly how I felt and it completely makes sense. I was bankrupt because my true self left to protect what I had worked so hard to become. YAY SELF!!!

So, thank-you for helping me to be me again!! I'll just mention that R really enjoyed the course as well. Many things hit home for him and as he said it put a lot of things into perspective. κ

2. PEOPLE WITH ABUSE HISTORY AND ADDICTION ISSUES

People with a history of abuse often have the problems described above (identity or boundary issues). These can be coupled with the need to find peace in the moment, put the past in perspective, and find a way to move beyond it. This usually involves working toward changing or ending current relationships with abusive tendencies, and facing emotions that are often hidden behind addictive behaviours or defensive/protective strategies.

Having been through several years of counselling for my sexual abuse, I was at the point where I just wanted to say ‘alright already’. I was ready

to move beyond the abuse and was tired of counsellors pushing me to simply break ties with family members completely. Instead of pushing me to break off family relationships, Tracy taught me how to communicate and set boundaries with the family members I still cared about, allowing me to define those relationships and their impact on my life. By doing this I was able to stop living in the past and, with Tracy's coaching, learn how to live more mindfully in the present. J

3. COUPLES WITH COMMUNICATION AND BOUNDARY PROBLEMS

People with communication problems usually have trouble with setting and understanding healthy/respectful boundaries as well. People are responsible for managing themselves (thoughts, feelings, actions), no matter what others are doing. Couples often lose perspective on this, and confusion starts when they get into a cycle of reacting to each other instead of making proactive responsible choices. When couples take their focus off controlling or reacting to each other, and put it into managing themselves in more fine detail, progress often occurs.

Every time I say what is on my mind in a thoughtful non-confrontational way and I'm not afraid, every time I listen with my heart instead of my mind, every time I DON'T retaliate with words, walk away ignorantly or speak harshly with my eyes I feel like I'm actually re-building my soul from a cellular level...and the amazing thing is, it's a balanced person emerging! D

5. ADULT CHILDREN OF: ALCOHOLICS, ADDICTS, OR MENTALLY UNBALANCED PARENTS

People who grow up with addicts, or in a very tense home environment need to de-stress, and to learn how to focus on themselves, their own lives, and peace of mind in a balanced way. If children learn to over-focus on their parents' problems or drama they can fail to thrive in different social or emotional areas. Dealing with these problems as adults involves disconnecting from unhealthy ways of relating to oneself and others, (and life in general), and learning how to do these things in a healthy way that supports happiness, mental/emotional freedom, and peace of mind.

Prior to starting counselling with Tracy, I felt lost, angry and confused about the direction in my life. I felt scared to make choices and decisions and had a difficult time being vulnerable with people. Working with Tracy, I learned to love and respect myself. Most of all, I learned to how to trust myself and to be mindful of my actions and environment. I began to realize that my choices and my thoughts were important and I wasn't to blame for everyone else's problems. Tracy provided me with a safe and comforting environment to express myself without feeling judged or controlled. She allowed me the time I needed to grow and continue to grow in understanding myself. My experience with Tracy changed the way I view my life and how I connect with people. I am now able to be vulnerable and trust myself. I have the feeling that because I learned to love myself and respect myself, I have love and respect from others.

6. DEALING WITH AN ABUSIVE PARTNER AND/OR POTENTIAL SEPARATION

If you are aware you aren't being treated with respect in your relationship, counselling can help you talk through and understand what is going on, and either work for positive change, or withdraw from the relationship. Working through this issue involves becoming aware of what both partners do (and don't do) which contributes to the unhealthy patterns in the relationship. Both partners don't necessarily need to be involved in counselling for positive change to occur.

Tracy helped me through an extremely difficult and stressful time. My husband was a control freak, as well as verbally and emotionally abusive. He had also

threatened to hit me. In the end, I chose to leave the marriage and end my cycle of abuse. Without Tracy's help, I would not have had the courage to do so. I am eternally grateful to Tracy. R

7. VARIOUS PROBLEMS WITH STRESS AND RELATIONSHIPS

Counselling can help people understand their stressed lives or relationships in enough detail to create positive change. With any ongoing conflict, there are distinct patterns of unbalanced thinking, reactions, and/or behaviour that the counsellor can help identify so solutions become apparent.

We came to Tracy desperate to get help with wedding planning anxiety. Not only did we resolve that during our sessions with her, Tracy also guided us in recognition of patterns that caused us to become so stressed in the first place. It was truly an eye opener. We've used her guidance about mindful living in many aspects of our lives, in our relationship, how we raise our son, and our relationships with our extended families and friends. My husband and I often reminisce about our sessions with Tracy as a major turning point in our lives. We're much more balanced, happier people - thank you Tracy! M & J

I reached out to Tracy during a time of great stress in my life. Although I have a wonderful group of people surrounding me, there came a time when I felt alone and afraid. I began seeing Tracy as a means of talking through my feelings about specific situations in order to better cope, but along the way, Tracy helped me to see so much more. Through her work with me, I began to fix (and continue to work on) relationships I had formerly given up on - relationships that are crucial within my family unit. And through our sessions, she and I came up with a key phrase that has since changed how I act, and react, in difficult interpersonal situations. Of course, like anyone, I still struggle, but when I can take a moment to recall the sense of peace and self-forgiveness Tracy helped me to find, and the tools she showed me to use, I can relax in the knowledge that I can find the strength within. D

Good Morning Tracy, I have reviewed the information that you sent me regarding my session with you, several times. I seem to derive something new from your observations and suggestions each time I read it. Although my situation has not changed, I can feel myself developing along a better course each and every day. Thank you for the push. L

I want to thank you, once again, from the bottom of my heart for the wonderful three sessions.....I am so pleased with what I have already become aware of that has changed in my life. I am seeing new changes every day.....the most important change for me was the letting go of the last of my anger.....once I recognized it as the sadness that it was it lightened my load by a couple of tons at least.....and second of all, I am feeling freer to be me.....what a gift.....it seems

effortless now to stop playing the roles in my life.....and just be true to me....I am loving it very much.....still have some tweaking to do....but it is all happening subconsciously and I reap the benefits daily.....it is a wondrous journey just watching myself evolve.....and am pleased that at 66 I am finding this great peace.....I am very interested in sharing any mindfulness gatherings that you may holdI am interested in anything that will help keep me focused to stay on this fulfilling path.....my gratitude for all that you have facilitated coming into my life is immeasurable.....you are one of my bright shining stars.....sending love with my thanks, L

Thanks Jenn! By the way, I was absolutely pleased with my appointment with Tracy last night! She made me feel very comfortable, I was kind of worried when I went in and shouldn't have! So far "The Roberts Centre" has been an absolutely terrific experience. Thanks!

K

Hi Tracy

I hope that you and your family have a wonderful time together during this holiday season; and that you feel a sense of warmth knowing you are making such a difference in the lives of so many. I am truly blessed to have you in my life. Thank-you for all that you do. D