



Chris Storm AThR SEP

STORM INSIGHT

47 Barrabool Road, Highton

Postal: PO Box 704

Belmont. Vic. 3216

Mobile: 0418432362

storminsightcounselling@gmail.com

<http://storminsight.ntpages.com.au>

www.storminsight.com.au



NDIS Provider Number: 4050001535

(eligible Medibank Private health insurance members may be entitled to a benefit)



STORM INSIGHT

***Somatic Experiencing,
Counselling
and
Sensorimotor Art Therapy
for
health, well-being and
behaviour change***

**Working towards happier,
healthier, safer
communities**

***“As human beings, our
greatness lies not so much in be-
ing able to remake the world—that
is the myth of the atomic age—as
in being able to remake our-
selves.”***

- Mahatma Gandhi (1869-1948)



Yes, behaviour change is possible...

Storm Insight believes that people can and do change their behaviour to create an environment that is happier, healthier and safer for themselves and those around them.

How can I change?

Working with a variety of modalities provides opportunities to explore various aspects of one's life and you the person, in your own unique journey.

- Learn how your thoughts and beliefs can influence how you relate and engage with others
- Explore ways in which you can strengthen your self and your life
- Process your experiences in a safe and supportive environment
- Use creative and innovative techniques to work towards becoming the person you want to be.



The choice is yours...

Sometimes the choices we make on how we relate to others actually damages both them and the relationship. Does this apply to you? Read on to see if you answer yes to any of these questions:

- *Would you like a chance to strengthen your own resilience and well being?*
- *Have you tried lots of strategies but keep going back to old ways of doing and being?*
- *Is someone in your life afraid of you?*
- *Do you keep finding yourself in difficult relationships and unsure what to do about it?*
- *Do you feel embarrassed or ashamed of how you treat others or how you interact with the world?*
- *Ever wished you could be living life differently*

..... and did you know that

- Everyday you make choices based on ways you want to get your various needs met
- The responsibility for the choice making lies with you
- Your body preference is to heal, and there are ways it can be supported to do so
- Developing a broader range of choices in how you connect and relate - creates opportunities to make choices that have happier, healthier and safer outcomes for all, including you!



Working at the Clay Field®

What are my options?

Using Creative Arts techniques combined with somatic and counselling therapies will open up possibilities. By discovering new ways of strengthening your ability to work through challenges, we support moving forward and leaving past behaviours behind you.

- Want to talk about it? We are more than happy to listen and assist you explore other ways of being.
- Want to actively work on it? We can provide various exercises and techniques for you to practice and consolidate your new skills.
- Want to work on healing from past trauma? We use Sensorimotor Art Therapy and Somatic Experiencing techniques to explore ways to access and facilitate healing.
- Want to open up possibilities for growth? Why not try working at the Clay Field® for a powerful and profound healing experience.
- Frustrated with telling your story over and over again, and the pain continually recycling? We recognize that doing this can sometimes contribute to retraumatization, we respect you working at the pace and level you can best tolerate.

What to do now.....

Contact us to see if what we offer can work for you - we would love to support you to reclaim your power to make happier, healthier and safer choices.....

Contact Storm Insight on:

0418432362

or email us at:

storminsightcounselling@gmail.com

Or check out our webpage:

<http://storminsight.ntpages.com.au>