

■ PSYCHOTHERAPIST INTR

Candice Irons, BFA, Student Therapist



Candice Irons holds a BFA, Bachelor of Fine Arts and Cultural Studies from York University and is currently a student therapist finishing a post grad Spiritual Psychotherapy program; as well as the Spiritual Director program at Transformational Arts College.

Candice practices with a fresh perspective combining spiritual education with practical experience believing that there is a strong potential for holistic healing when we can meet ourselves honestly. By addressing the needs of our essence and our human experience interdependent on mind, body and spirit, opportunity is present to embark on an individual journey which honours the process of healing, growth and evolution in order to live a better life.

Additional modalities may include:

- Inner child work • Transactional analysis • Focusing
- Dream work and interpretation • Meditation and guided imagery • Lifestyle changes • Art therapy

Spiritual Direction is a way for us to understand and connect with spirit. The spiritual path is different for everyone and SD offers contemporary perspective and reframing of older and newer belief systems and ideas about spirituality.

- Working with the soul
- Offering extended support during dark night of the soul and other spiritual crisis
- Exploring spiritual and cultural ideas
- Challenging and deepening an understanding of spiritual beliefs, understanding ideas of divine guidance

- *Currently accepting new clients at a student rate of \$40. Hours of availability are from 12-7PM Monday to Friday and by appointment only.*

Therapy services are not covered by OHIP but may be covered by your insurance coverage provider.

- *To book a free 30 minute consultation please contact: Email: Irons23@gmail.com Phone: 416-858-0514*

