

■ PSYCHOTHERAPIST INTR

Julia Zheretiy, BBA, BMath, Student Therapist



Julia is a Therapist in Training currently awaiting Professional Registration pending the award of the diploma from Transformational Arts College in 2015. She is currently offering student rate of \$40/hour to all clients, which is a 60% discount from a standard regular \$100 rate.

Julia's practice is centered around a variety of issues including anxiety, depression, stress management, fear, anger, grief, trust, life and career transitions, relationships, life purpose and many others. Please visit her website for the full scope of work www.astrospect.com.

Julia's intention in her work is to help the client achieve emotional intelligence, mindfulness, awareness of self defeating patterns and ultimately self love in a quest towards wholesome wellness and joyful life.

Julia beautifully juggles a number of techniques from the fields of CBT, NLP, Gestalt, including aspects of Life Coaching. She leverages chakra work, dream work and spirituality, guided imagery and visualization, astrology and archetypes all in a client-centered humanistic approach full of empathy and compassion for a fellow human being.

Her career journey to the field of mental health and wellness went through a corporate analytics path with the background rooted in study of mathematics and business administration. She easily connects to her clients through head and heart allowing for establishment of a lasting connection between these two parts of our selves.

Julia is also a certified Life Coach, a practicing Astrologer and simply a human being just like you. She is able to meet you where you are at in your life, being whole-heartedly and open-mindedly present.

Presently accepting new patients, Julia offers a fifteen-minute consultation and then a free first session. Her hours are presently flexible during weekdays.

- *For more information, to or to book an appointment call: (647) 967-0807 or visit her website at www.astrospect.com.*

