



Therapy is **HEALING**

LIFE THERAPY is a therapeutic approach that treats your body, mind, and your life as a whole.

It incorporates learnings and techniques from

**Depth Psychology,
Psychotherapy,
Chi Gong, & More.**

Individual clients have individual needs. By identifying your specific needs the most efficacious approaches can be used.



Clive Austin

LIFE THERAPY is Flexible, Effective, and Affordable.

**WANT TO BOOK AN ONLINE CONSULTATION or
A FREE 15 MINUTE INTRODUCTORY CALL?**

YOU CAN DO SO HERE:

go.oncehub.com/CliveAustin

ALL FEES ARE LISTED on clivecreative.com

EMAIL: clive@clivecreative.com

TEXT message: 07812 - 479614

Clive Austin is CNHC accredited and a Registered Member of the National Council of Integrative Psychotherapists.

**LIFE
THERAPY**



Life Therapy is an
Holistic Approach
to Healing Your Life.



Healing is not unlike finding the light that is within you and finding the ways that will let it shine brighter.

In part this is about trust, in yourself, in others, and in life. To learn to trust in the process of living.

Sometimes means helping you to find the ways that stop you feeling stuck, or lost, or broken - and the myriad of pain that can accompany those states.

Sometimes it can be about getting stronger in yourself; getting to a place where your experience of life feels fuller - more complete somehow. Being in a place where you feel more comfortable and confident in your own skin, even in the face of challenges.

OTHER SERVICES I OFFER

In addition to LIFE THERAPY I also offer Courses and a Mastermind Group.

The course is called CREATIVE INSTINCT and focusses on the principle and practices that encourage better skills in relating and adapting to life. The MASTERMIND group is for those who are keen to take further steps in applying the principle of depth psychology to life.



HEAL

Life Therapy is an holistic approach to healing, generally conducted over 6 session blocks

It treats body and mind as one whole and as such incorporates learnings and techniques from Depth Psychology, Psychotherapy, Physiotherapy, and Chi Gong. Each client being served by the most efficacious elements in ways that best meet to their specific needs.



GROW

CREATIVE INSTINCT is a course that is designed to help people reconnect with their instinct for living healthily.

The online version runs as an intensive 33 day course, each lesson containing a principle and/or an invitation designed to advance an individuals capacity to relate & adapt to life.

CREATIVE INSTINCT it sometimes run as a retreat. A weekly class is also offered locally, focusing on the free play, free moment, and free writing elements of the course.



THRIVE

The LIVE CREATIVE MASTERMIND GROUP is a dynamic group focussed on using the principles used in LIFE THERAPY and applying them to the idea of thriving in life.

It runs online as a weekly (sometimes fortnightly) gathering and invites participants to engage in discussions and engagements based around seeking practical solutions to specific real world aims and the challenges that can accompany them.