



## Pastoral & Spiritual Therapy

I believe that all humans are spiritual. The way in which humans express their spiritual experience and beliefs is different all over the world.

I also believe that human spirituality plays an enormous important part in our functioning.

Sometime people run into trouble in this department that causes lots of pain, confusion and guilt which could lead to other unhealthy emotions and behaviour.

With my seven years of training in theology and spirituality I have acquired the necessary sensitivity and respect to assist people in getting to a better, more rational and mature place in their spiritual journey without imposing my own spiritual frame of reference.

I am also trained in supporting the ill and terminally ill.

I present workshops, speeches, sermons and individual therapy regarding spirituality.



I would love to hear from you. Contact me now for an appointment!