



A Guide to Silent Counselling

*With
Charlotte*

Silent Counselling

With Charlotte

Hi, my name is Charlotte, I'm 37 years old and a mother of 2 girls. I would like to tell you a little bit about my journey into Silent Counselling and my own struggles with trapped negative emotions and feelings in a hope that my experiences and training can help you.



Throughout my adult life I have been interested in Holistic Healing and the various techniques available. I have experienced my own struggles with anxiety and depression, triggered by untreated post-natal depression after the birth of my first child. This led me to delve deeper into where these negative feelings come from and how they can be dealt with. I felt that establishing the root cause of where these negative emotions come from would be the first step in changing my mind set and, hopefully, feeling better about myself.

Many of the negative feelings we store inside us are deep rooted from childhood, and in some cases, past lives. Some feelings are learnt behavior and almost habitual in nature and can be very difficult to let go. I quickly learnt that I needed to tackle these negativities in order to progress but, having initially chosen the NHS route with limited success, I decided to explore other avenues. It was at this point that I was made aware of Silent Counselling. I chose to train as a Silent Counsellor as the process made the most sense to me. We all have a level of negativity in our lives but, it is how it is dealt with that matters. Why should I allow negative, trapped feelings and emotions to consume me and affect the way I live my life? The simple answer is, I shouldn't.

The beauty of Silent Counselling is that it is non-invasive and can be used alongside other treatments and therapies. It is all too common these days to rely on prescription medications which simply mask symptoms rather than tackle the root cause, that's where Silent Counselling comes in!

Charlotte

What is Silent Counselling?

Silent Counselling is a simple, non-invasive, yet powerful modality that uses muscle testing to help get to the root cause of emotional issues within the body. We use the meridian system as well as touch and breath methods to release stored emotions/trauma and break the thought processes responsible for creating negativity and stress.

What issues can it address?

Any issue can be addressed such as anxiety, depression, OCD, self-worth issues, trauma, addictions and emotional issues.

How much does it cost?

Each session lasts approximately 1 hour. I advise a minimum of 3 sessions concentrated on one particular feeling/trauma for it to be most effective. Sessions are £55.00 each or a block of 3 for £140.00

Are there any risks/negatives?

Silent Counselling is non-invasive with no mental or physical risks and can be used alongside other holistic healing. To ensure sessions run smoothly you need to be really focused on your feeling/emotion with no distractions. If you are in a chronic emotional state there are other steps we need to do before sessions take place, such as collarbone breathing.

Do I need knowledge of holistic practices?

No prior knowledge or experience is required to make the sessions effective

Can it be done in groups?

No, sessions are on a one to one basis only.

Do I need to be in the UK?

No, sessions are conducted via Zoom and thus provided you have a compatible device and are fluent in English, the sessions will not be affected.

How do I book a Silent Counselling Session?

You can call me on 07824 700209 or email charlotte@calmingclarity.co.uk and I will be happy to discuss your requirements

What does a Silent Counselling session entail?

1. Identifying The Emotion

Sessions will be very relaxing, so it is essential to be in a calm, quiet space with no distractions. The session starts by talking through your consultation form to establish the particular feeling/emotion to be worked on. We then give this emotion/feeling a score on a scale of 1-10 to establish how problematic the feeling is.

2. Muscle Testing

We use muscle testing, a method to understand the bodies navigation system, so we can find the answers that are true to you. Asking your body yes or no questions and interpreting the way your body responds will give us the answers required. This can be achieved in a few ways such as using a pendulum or finger rubbing and we will establish which method is best for you.

3. Getting Into Polarity

Getting into Polarity is very important to the process. When we are in Polarity it means your energy system is in flow and your nervous system is calm and regulated. This will mean you will be more energetic and productive throughout the day.

4. Toxin Release

Toxin release is a process that gets rid of internal and external toxins. Internal toxins are things we ingest, this can be eating unhealthy foods or drinking alcohol or even petrol fumes from the environment. External toxins are observed in the world around you such as if you had a stressful day at work or an argument with someone. We release toxins through touch and breath method to completely clear our energy system, which allows clarity and helps with the session.

5. Emotion/Feeling Root Cause

Establishing the root cause of the problem by checking if there is any resistance. This is followed by asking questions using muscle testing to find out where the trapped, negative energy is, and then releasing it. After releasing, we conduct the last letting go of the negative emotion and replace it by putting the positive feelings back in with a meditation.

6. Chakra Balancing / Postive Affirmation

The final stage is Chakra Balancing and Positive Affirmations. Once complete we will re-score the feeling/emotion on a scale of 1-10 to determine if more work is required.

Client Reviews

"After the session I was shattered and last night fell straight asleep. I woke up at times which was normal. I felt really positive and full of high spirits after my session. Looking forward to the next one!" - Regards K M

"Charlotte, I just wanted to message to say thank you for introducing me to Silent Counselling. I felt so calm, relaxed and at peace when we finished. I went on to have the deepest, most beautiful sleep and have woken with all the same wonderful feelings today. Feeling in tune with myself is amazing!" - Regards K J

"My Silent Counselling sessions with Charlotte have been incredible. I didn't know what to expect but I released trauma and trapped emotions that I didn't know I was holding on to. The sessions have made me feel so much lighter and I had the best sleep after them. Charlotte put me at ease from the start" - Regards S C

"Silent Counselling truly shocked me, I was so sceptical, and the effect it had on me afterwards was amazing. Thank you so much Charlotte, you really opened my eye to better, more relaxing forms of stress relief" - Regards E J

"Having never heard of Silent Counselling I was very impressed at the technique. The sessions were incredibly relaxing and I came away feeling energised and motivated. I will certainly be back for more sessions in the near future and would recommend this type of healing" -
Regards S J

"I had 2 sessions with Charlotte and I can honestly say I was blown away by the results. I feel so much lighter emotionally. I didn't even know I was carrying all of these with me. I would definitely recommend a session with Charlotte, she was amazing and made me feel so at ease all the way through" - Regards S J



THE INSTITUTE OF SILENT COUNSELLING
CERTIFIES THAT

Charlotte Barritt

HAS SUCCESSFULLY COMPLETED
LEVELS 1 & 2 TRAINING IN

**SILENT COUNSELLING
(NON-INVASIVE MERIDIAN THERAPY)**

This training is approved by the Institute of Silent Counselling, Norwell Health & Training Centre.

J. J. Ellen

Approved & Certified
Silent Counseling
Trainer



13.12.2022

DATE