

Elizabeth Austin
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We are born into this world as whole human beings, energized with the life force and inner wisdom in physical, emotional and spiritual capacities. We embark on the road of life equipped with our human gifts along with our natural instincts to survive. It is through our life experiences and interactions we develop as individuals, learning to adapt to our given set of circumstances and our environments. This is what makes each individual beautifully unique.

As adults, in our fast-paced, multi-cultural society, our uniqueness can sometimes lead to misunderstanding with each other as we deal with the challenges we are faced with. We may find ourselves struggling with feelings of being confused, anxious, frustrated, depressed or simply unhappy in everyday life. Whatever the source of distress and dysfunction is in life, therapy can offer insight into an individual's strengths, weaknesses, life patterns, past and present, how they contribute to our emotional state, and how to restore and maintain a healthy balance and sense of well-being.

I fully respect the unique qualities of each and every client. I am fully present to listen empathically to the choice of words used verbally to express your experiences and your issues. At the same time I also observe and "listen" to the unspoken words communicated by your body, your energetic flow and other creative means of expression. You are seen, heard and treated in all human capacities as a whole individual, with compassion, in a way you are comfortable with.

Choosing the right therapist is an important decision. It sets the foundation for building the therapeutic relationship in a warm, non-judgmental environment in which the client feels safe to be open and supported. I work together with the client to decide what methods best suit their needs and fulfill their goals. Self-awareness and acceptance are key to effective positive change and restoring the inner human balance to enable us to move forward in life.

"A journey of a thousand miles begins with a single step."
- Lao Tzu

I would love to take the first steps with you on your healing journey.

For a free 15-minute telephone consultation, please contact me by phone at 416-398-3496 or send a request by email at elizabeth.innerhealingtherapy@gmail.com.

Elizabeth is a Psychotherapist in private practice having graduated from the Integral Healing Centre of Toronto under the direction of John Went. Her interest in people started very early in life with a keen interest and involvement with music, dance movement and theatre. After receiving her B.A. in Psychology from York University, she spent many years in the television industry, balancing work with family life prior to continuing her humanistic studies. Elizabeth draws on her diverse life experiences and training in psychotherapy, bioenergetics and energy

healing to help individuals and couples reach their goals through self-awareness, connection and understanding in life.