

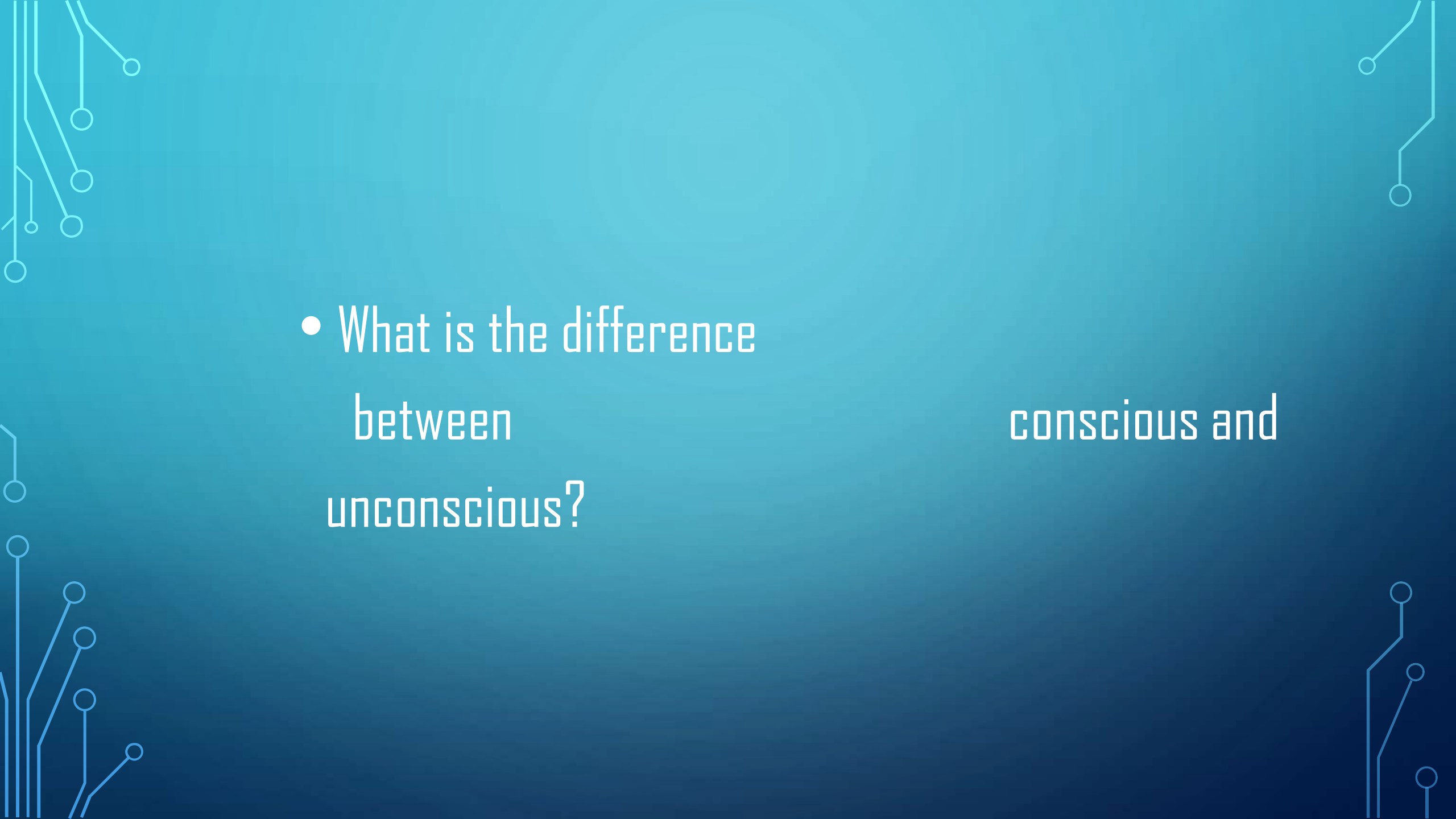
CONSCIOUSNESS!

WHAT THAT IS?

- How does this apply to me as a therapist and the healing of my clients?

By Katherine Nelson

Supervisor / Counsellor / Educator

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- What is the difference between unconscious?

conscious and

The background is a dark blue gradient. In the corners, there are white, stylized circuit board traces with circular nodes, resembling a network or data flow diagram.

CONSCIOUSNESS – IS IT JUST BEING AWAKE?
BEING AWARE OF MY ENVIRONMENT AROUND ME?
OR

DOES IT GO DEEPER THAN THAT?

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IN COUNSELLING PRACTICE, WE TALK ABOUT THE ENGAGEMENT OF
THE MIND,
WE TALK ABOUT AWARENESS,
WE TALK ABOUT BEING MINDFUL,
WE TALK ABOUT SELF-CARE ITEMS.

THE PRESENCE OF MYSELF IN MY AWARENESS.

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- The background is a solid teal color. In the four corners, there are decorative white line-art patterns resembling circuit traces or neural network connections. These patterns consist of straight lines of varying lengths and angles, ending in small open circles.
- Does it go beyond that?

THANK YOU

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