

The Intuitive And The Therapist

An Anecdote From One Of Our Practitioners

We all need help from time to time, and no single modality solves every problem. After experiencing a severe loss, I found myself not being able to move on. After several months, I decided my current toolset was inadequate and approached a therapist for grief counseling. I found someone local who happens to be exceptional. But being a professional intuitive, energy worker, and an expert in metaphysics, this was going to be a bit tricky.

Our initial meeting included the typical background questions so she could get to know me. What do you do for a living? Having no way to relate to my response, she asked how exactly do I experience that? As she jotted down her notes, I was pretty sure it included: Heavy medication may be needed at some point. We then moved on and discussed my needs and goals. Her suggestions were very helpful, and I found the session to be beneficial. I chose to set aside our differences.

Our second meeting was quite different. Half way through one of my responses I moved from her couch to one of the chairs. She gave me a puzzled look, so I shared. I told her that the young woman who sat there earlier that morning had been processing severe trauma related to her father's physical abuse, and I found the experience distracting. The read was dead-on accurate. At this point she crossed off her prior notation.