



mandala health

Naturopathy, Counselling Psychotherapy & Sandplay Therapy

- *Integrate holistic & scientific interventions that promote mind-body health and healing*
- *Discover the underlying lifestyle, environmental & relationship factors interfering with health*
- *Apply safe, natural & effective medicines and psychological interventions that promote change*
- *Improve core-biological and psychological functions to revitalise inherent self-healing processes;*
- *Promote balanced and sustainable, physical and psychological functioning and energetic vitality,*
- *Gain new insights, greater inner strength and resolve, and deeper sense of purpose & meaning.*

Naturopathy— Functional, Herbal Medicine and Nutrition Therapy: is used to assess the presenting signs and symptoms and unique history of each persons description of illness, to pinpoint the core physiological and metabolic imbalances and disruptive factors that contribute to the disease process. The cause may be multifactorial, and include: genetics, diet, lifestyle, relational and psycho-social factors and environmental toxins. Interventions include specific tests, education, counselling, functional diets, herbal and/or nutritional medicines, that support: digestion & metabolism, biome disorders; detoxification, respiratory and nervous system problems, stress, fatigue, pain, inflammation, hormone, weight and fertility problems.

Counselling Psychotherapy & Sandplay Therapy: is a humanistic and relational therapy that supports the psychological processes of individuation and helps individuals resolve difficult emotion, memories, situations, relationships and life transitions. It is an opportunity to be heard, understood and validated. It increases self-awareness, self-acceptance, authenticity, autonomy and conscious resolve. Psychotherapy helps individuals process emotions, such as: depression, anxiety, anger, sadness and the pain of loss & grief. Interventions may include: Self-ego psychodynamics (C.G Jung), gestalt, active imagination; dream work, symbol and Sandplay therapy; experiential focusing (E. Gendlin); trauma processing—EMDR, TFT; & hypnotherapy.

Laura Hvala
Naturopath,
Counselling Psychotherapist
Sandplay Therapist

Mast Counselling Psychotherapy & Soul-Centred Psychotherapist;
Mast Prac. Sandplay Therapy; BHSc Naturopathy, Herbal Medicine
and Nutrition; GDipEd Extension and Special Education; BSc
Biochemistry; Anatomy & Physiology.
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Mandala Health is a Founding Advocate of InnerOrigin
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Naturopathy, Counselling Psychotherapy & Sandplay Therapy

Rates

Counselling Psychotherapy & Sandplay Therapy	90 minutes	\$160.00
Psychotherapy (discounted-weekly rate)	90 minutes	\$150.00
Naturopathy Initial Consultation:	90 minutes	\$160.00
Naturopathy Regular Consultation:	60 minutes	\$120.00
Children's Sandplay Therapy	60 minutes	\$100.00
Children's Sandplay Therapy (discounted-weekly rate)	60 minutes	\$90.00

EFT Payments

Payment is preferred by electronic/phone *direct banking* in advance of each consultation, deposited into the following account;

Commonwealth Bank. Mandala Health BSB: 063181. Account: 10230448

Receipt of payment will be given on receipt of payment at the end of each session.

Cash or cheque is also accepted and receipts of all payments are consolidated at the end of each session.

Alternative Payment

At Mandala Health, the policy is to provide health services to anyone in need, avoiding exclusion based on personal financial circumstances. Please talk to us if you have any concerns about payment and would like to negotiate a pensioner, senior citizens, disability student discount rate.

Mandala Health is open for consideration of trade barter agreements.

What is Barter? Trade barter is a system of exchange where participants in a transaction, directly exchange goods or services for other equi-value goods or services, without money as the currency of exchange.

Note: Practitioner prescribed products—nutritional supplements, herbal medicines, pathology tests and reports, are exempt from all barter arrangements, and must be paid in full.

Appointment Cancellations

It is a customary courtesy to provide at least 48 hours notice to cancel or reschedule appointments.

Missed or cancelled appointments without this courtesy will be charged a cancellation fee of \$50 to cover lost income. Actual emergencies are excluded from this policy.

Health Insurance Rebates

Please check your Health Insurance Provider to see if you are covered for health Insurance rebates for Naturopathy, Western Herbal Medicine and/ or Counselling Psychotherapy.



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Naturopathy – Functional Medicine, Nutrition Therapy and Herbal Medicine

The naturopathic assessment is an analysis of the complex physiological and metabolic processes and factors that contribute to the disruption of core-functions that result in symptoms of illness and disease. It includes:

- Client-centred inquiry of the experience and history of the presenting complaint
- Investigate triggers and risk factors, i.e., family & personal history—genetics and constitution, diet and lifestyle habits & exposure to environmental toxins.
- Functional/ biochemical diagnostic tests
- Counselling, education, i.e., diet, lifestyle
- Treatment with special diets, herbal medicines, and nutrient supplementation.

A personalised approach is used in the treatment of all conditions.

Treatment strategies may be developed for:

gastrointestinal disorders indigestion, malabsorption, food intolerances, ulcers, dysbiosis, inflammation and leaky gut syndrome, liver and gallbladder disfunction; nervous system disorders, stress, pain, headaches, poor sleep, exhaustion & fatigue, skin, cardiovascular & respiratory disorders, poor immunity, allergies—hypertension, asthma, hayfever, eczema, & autoimmunity; urinary tract infections, hormone imbalances, diabetes, metabolic syndrome, weight and fertility problems.

At Mandala Health, iris analysis and HTMA are often used as preliminary diagnostic tools, to establish each persons constitutional patterns and functional mineral profile.

Counselling Psychotherapy & Sandplay Therapy

Depth psychotherapy attends to inner knowledge—thoughts feelings, needs, wants and fears—that are hidden from view difficult to speak about. This unknown aspect of the self is outside our everyday awareness and wilful self-control; though it affects our moods, relationships and everyday behaviour; and sustains patterns of suffering based on trauma and other painful experiences and emotions, inner dynamics and conflicts.

A safe (non-judgemental) and trusting, authentic therapeutic relationship is at the heart of psychotherapy. It is a mutual process of therapist and client working together to understand the patterns and relational contexts that trigger emotional problems. It makes links between present and past and emphasises the clients' here-and-now experience. Individuals come to recognise previously unknown aspects of them *self*, the significance and meaning of their emotional responses, conflicts and symptomatic patterns of relating and behaving.

Psychotherapy works towards a more vital and aware relationship between our everyday conscious sense of self and previously unknown, or unconscious aspects of *Self*, that constitute an authentic, self-realised and individuated personality.

Psychotherapy can help to:

- understand dreams
 - find meaning and purpose
 - access creativity
 - resolve an important decision
 - develop a positive resource or life-skill
 - resolve a loss or disappointment
 - find relief from: a deep experience of sadness or despair, hopelessness, depression, anxiety
 - Resolve eating disorders & addictions; sexual problems; and sleep disorders
 - resolve relationship conflict
 - engage a developmental task or life transition, such as leaving home or country, getting married, pregnancy, parenting, mid-life issues, divorce, retirement, menopause
 - For support during a stressful time
 - To have someone to talk with
- Sometimes the reason is not clear. Yet, there is a desire to have someone who will listen and be genuinely interested.