

Scope of Practice & Ethical Boundaries

This work is relational, reflective, and grounded in care.

It's important to be clear about what I offer – and what I don't so that this space remains safe, steady, and supportive for both of us.

The Nature of This Work

Spirit Led Counselling offers reflective, trauma-aware support that gently integrates emotional and spiritual awareness.

People often come to this space when they are navigating:

- burnout, emotional exhaustion, or ongoing stress
- complex experiences within workplaces or community environments
- boundary challenges or feeling over-responsible
- leadership pressure or relational strain
- experiences of spiritual harm or loss of trust

a desire to reconnect with clarity, discernment, and a sense of self

Sessions are not about fixing or directing you.

They are a space to slow down, reflect, and process what you're carrying –
and to reconnect with your own clarity and capacity to make decisions.

This work is always paced gently, and led by you.

Reflective Safeguarding Support

Alongside individual sessions, I offer reflective safeguarding conversations and workshops for teams, workplaces, communities, and families.

This may include exploring:

- where systems or expectations may be creating pressure
- how responsibility or authority is being carried
- the relational impact of unclear roles or boundaries

ways to strengthen wellbeing and sustainable care

This work is reflective and supportive in nature.

It is not formal consulting, investigative work, or compliance-based assessment.

What This Practice Does Not Provide

To keep this work safe and appropriate, there are some things I do not offer.

This practice does not provide:

- crisis or emergency mental health support
- psychiatric diagnosis or clinical treatment
- legal advice or representation
- mediation between individuals or parties
- formal investigations into people or organisations
- regulatory or compliance auditing

If you need support in these areas, I may gently guide you toward the right professional services.

Safeguarding Awareness

I take safeguarding and duty of care seriously.

If something arises that involves risk of harm – particularly to vulnerable individuals –

it may be necessary to consider appropriate professional or legal pathways.

Where possible, this is approached with care, transparency, and respect.

Professional Ethics

This practice is grounded in:

- psychological safety
- trauma-aware care
- clear and healthy boundaries
- informed consent
- respect for each person's dignity and story

You remain the expert of your own life.

My role is to walk alongside you –
not to direct or take authority over your decisions.

Professional Membership

I am a member of the International Institute for Complementary Therapists (IICT) and work within their ethical framework.

This practice is committed to ongoing reflection, integrity, and providing safe, sustainable care.

