

# NATURAL HEALTH COMPASS

*A Guide to Natural Emotional Health*

## Holistic Counseling Psychosomatic Therapy

Whole Person Approach, Body, Mind Spirit  
Mindfulness Development Strategy  
Explore Your Place in the Universe  
Core Anchoring Beliefs & Affirmations  
Core Identity & Character Strengths  
Current Needs, Priorities, Goals  
Daily, Seasonal, Yearly Compass  
Psychological Architecture via Humanistic & Positive  
Frameworks & Constructs  
Energy Expenditure Review  
Creating Calm Daily Practice  
Goals, Mapping, Personal Mission Development  
Narrative & Neuro Linguistic Reframing with Journaling  
Directives, Anchors  
Symbolic Derivation, Dreamwork, Depth Exploration  
Creative Visualization, Meditation  
Expansive Breathwork Practice  
Yoga Therapy Practice  
Postural Transition & Transformation  
Stress Management & Self Compassion Practice

Counseling and Therapy sessions are oriented towards a personalized Natural Health Compass as an integrative written & therapeutic directive that offers a targeted approach to Natural Emotional Health and foundations for a strong healthy relationship with Self.



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