

“A journey of a thousand  
miles starts with the first step”

The Tao Te Ching of Lao Tzo



We are all on our life's journey.  
There will be times when there are difficulties  
and obstacles to face.

Counselling and Hypnotherapy can provide an  
opportunity to explore life's difficulties,  
facilitating, understanding and offering the  
possibility of change.

Human beings are complex and unique and  
this is acknowledged and celebrated in the  
relationship that develops between therapist  
and client.

For more information or to make an appointment,  
please ring, email or visit my website:

01580 852711  
suzy@thespiralpath.co.uk  
www.thespiralpath.co.uk

# The Spiral Path

Counselling • Hypnotherapy • Supervision

Suzy Taylor

BACP Accredited Counsellor & Supervisor  
Qualified Hypnotherapist

Over 20 years experience of working with  
adults & young people

I work with:

- Depression
- Low self-esteem & Self-confidence
- Abuse and Trauma
- Anxiety and Stress
- Phobias and Fears
- Loss and Bereavement
- Relationship Issues
  - Over-eating
- Smoking Cessation

Tel: 01580 852711

Email: suzy@thespiralpath.co.uk

Web: www.thespiralpath.co.uk