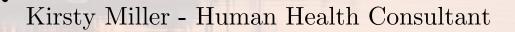
HUMANHEALTH101

GUIDE .TEACH. SUPPORT



INTEGRATIVE HEALTH SUPPORT & SILENT COUNSELLING SERVICES

This comprehensive guide explores healing and transformation through a holistic approach. Silent Counseling Therapy highlights the profound relationship between mental and physical well-being, offering insights into how this connection can facilitate personal growth and trauma recovery



Kirsty Miller - HumanHealth101- Energetic Counselling, Coaching and Chronic Illness Care 2025









Kirsty Miller is a former General Nurse with over 15 years of experience in the Healthcare Sector. She is a forever learning in Human Health and wellness.

Her professional journey included supporting individuals in Acute Care, Addiction Recovery and Chronic Illness Management. Kirsty enjoyed a Charge Nurse role in Elderly and Palliative Care. The therapy Silent Counselling which originates from Scotland has seen a positive impact and inner freedom for many children and adults.

In 2021 she found many struggling with their mental health. Kirsty was living with the death of her brother and mother when she found Silent Counselling Therapy. This would be a journey that changed the way she helped and supported adults and children forever, including her own child. It had such a life changing effect on him that she decided to train to become a certified Silent Counselling Practitioner, Trainer and now Tutor. Kirsty successfully trains Nurses(Adult & Mental Health), Allied Health Professionals and Holistic Practitioners. She is passionate about supporting parents to help their children at home.

Many children are living with anxiety and stress.

Qualifications

- Certified Silent Counselling Practitioner Trainer and Tutor
- Pyschology, Sociology, Mental Health
- Former Registered Nurse
- Diploma Level 5 Family Support Worker
- Nutritional Therapy Student
- Life Coach (specialising in mindset transformation)
- Level 3 Teching and Training (AET)
- Epigenetics



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What is Silent Counselling?

Silent Counselling is a gentle, non-verbal energy therapy that helps clients release negative emotions and trauma stored in the body. This technique uses acupressure points and focused intention to clear emotional blockages without the need for detailed verbal disclosures. The practitioner can get to the root cause of negative thoughts and emotions.

We explore the core of your difficulties through the practice of muscle testing, a diagnostic method that helps identify and facilitate the release of repressed emotions stored within your body's cellular memory. Energy circulates through our body, like to blood in our vascular system. When this energy flow is disrupted, it can become stagnant, resulting in dysfunction and contributing to maladaptive patterns in your thoughts and behaviours.

Benefits of Silent Counselling

- Reduces anxiety and stress
- Supports trauma recovery
- Supports the subconscious
- Compliments other therapies
- Promotes emotional balance
- Enhances overall well-being
- Reduces Pain
- No medication required

How Does Silent Counselling Work?

Silent Counselling is a gentle, non-verbal energy healing modality designed to help individuals release negative emotions and trauma stored within the body. Rooted in energy psychology and acupressure techniques, it offers a non-invasive approach to emotional well-being without requiring clients to verbally recount distressing experiences.

1. Energetic Assessment

The practitioner identifies emotional blockages by tuning into the client's energy field and using muscle testing or other non-verbal techniques.

2. Acupressure Point Activation

Specific meridian points on the body, based on traditional Chinese medicine, are gently stimulated through touch or intention. These points are linked to various organs and emotional responses.

3. Focused Breathwork

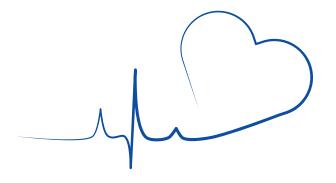
Clients are guided through mindful breathing exercises to support the release of emotional tension.

4. Intention Setting

Positive affirmations and visualisation techniques are used to reframe limiting beliefs and reinforce a sense of calm and balance.

5. Energy Release

The body and mind naturally release negative energy, promoting a sense of relief, clarity, and inner peace.



Why is it called Silent Counselling?

Unlike traditional talk therapies, Silent Counselling does not require clients to share or relive their traumatic experiences verbally. This makes it particularly suitable for individuals who find it difficult or distressing to discuss their emotions. Silent Counselling was created because a young girl required support but was so traumatised she could not talk, weeks after working with the practitioners the girl found her voice using Sc techniques.

Benefits of Silent Counselling

- Reduces symptoms of anxiety, stress, and depression
- Helps release trauma without verbal recounting
- Balances emotional and energetic imbalances
- Enhances overall mental and physical well-being
- Complements other forms of medical and psychological care

Kirsty provides virtual sessions tailored to both adults and children. Additionally, she trains health professionals and holistic practitioners to incorporate Silent Counselling into their practices, creating a more integrative approach to healthcare.





Who can benefit from Silent Counselling?

- · Adults and children dealing with anxiety, stress, or trauma
- Individuals seeking a non-verbal approach to emotional healing
- Those interested in integrating holistic methods into their healthcare
- Those who feel they want to explore other options for their health and wellbeing

The mind and body connection

The mind and body are deeply connected, much like a highway where cars represent emotions and experiences. When the highway is clear, traffic flows smoothly, just as the body functions optimally when emotions are processed and released. However, when cars pile up and block the road, the system grinds to a halt—mirroring how trapped emotions create physical and mental congestion. These emotional blockages can manifest as stress, pain, or illness. By acknowledging and releasing these trapped emotions, we open up the pathways for energy and health to flow freely, restoring balance and harmony to both mind and body.



Evidence based Release Techiques Integrated in Silent Counselling Therapy



Kinesiology

In Silent Counselling, kinesiology is used to identify and access emotional blockages through muscle testing, which provides feedback from the body's nervous system. This non-verbal communication helps the practitioner pinpoint areas where negative emotions are held without requiring the client to consciously articulate them.



Breathing Techniques guided breathing techniques, Silent Counselling supports neurovascular and cerebrospinal clearance, helping to release tension and restore balance in the nervous system. These specialised techniques promote relaxation, enhance circulation to the brain, and encourage emotional and physical harmony.



Happy Clients Says:



Tia, 26 said.....

I could not recommend Kirsty enough!!, She helped me come so far from being at my lowest to now being able to apply for college and get a job and helping me see my worth. I NEVER believed Silent Counselling would ever help me, but it has helped me more ways than I could of even imagined. It's mad the power it has to the mind and body.

If anyone knows me they know it's been a struggle to get out of bed never mind have a mindset to be able to do what I'm doing now. I worked with Kirsty for 6 weeks.









Mother Said....

My daughters psychiatrist asked who else has she been working with - the transformation is so positive. My daughter is now discharged from her books and the psychiatrist is going to look into Silent Counselling Therapy.

THANK YOU KIRSTY









Happy Clients Says......



When I first met Kirsty I was feeling lost and at a very low ebb.

I hadn't realised that suppressing my trauma for years was having such a negative effect on me.

Silent counselling gave me the opportunity to address my trauma without having to talk about it much.

Kirsty immediately put me at ease and has been compassionate, supportive and caring throughout my sessions with her. She also kept in regular touch between sessions and really went the extra mile!

Over the space of several sessions she helped me to identify and release the trauma that was holding me back from living my life. She has given me the tools to be able to deal with triggers in the future.

These sessions were so successful that I now feel empowered about what lies ahead and no longer need to see Kirsty so regularly.

Thank you Kirsty.....you know I'm forever grateful



Mental Health Nurse

Kay. OCT, 2024

Pain Coach

I utterly loved the level 1 recorded training, I usually find recorded trainings turn my mind to mush, i switch off. the two of you interacting etc was spot on, felt like I was in the room with you both, brilliant! I have finished and now miss more lol anyhow I have 2 friends I've worked with before ready to be my volunteers for practice once back from my holidays. My 13 yr old granddaughter is eager to volunteer, she has volunteered since she was 8 years old for most things I learn, and then teaches her friends and sometimes teachers too. Massive thank you kirsty. I had a week I could do very little, grief had enveloped me, though I continued using the techniques, and she gently

moved on, this time it was lighter 🥼 🤎

Level I Silent Counselling is pre-recorded and available for self help, family support and potential practitioners, this is complete with manual and video guidance of techiques.

Silent Counselling can be used on all ages, it a gentle non invasive therapy that empowers, supports and educates a person in activating movement of emotions in their own mind and body.

Professional Training with Kirsty Miller

Kirsty Miller offers professional training for health professionals and holistic practitioners interested in incorporating Silent Counselling into their practice. Her training program provides a comprehensive understanding of energy psychology, meridian systems, and practical techniques to support clients in their healing journey.

Silent Counselling empowers health professionals to expand their care approach, helping clients achieve greater emotional freedom and balance.

Please Email Kirsty at: Kirsty@humanhealth101.com



Kirsty Miller - HumanHealth101- Energetic Counselling, Coaching and Chronic Illness Care 2025

Questions for Reflection

Did you know having goals can positively impact your future.?

What is your body trying to tell you?		
Take a moment to reflect on any physical sensations, aches, or		
discomfort you have been experiencing. What emotions or though		
night be connected to these sensations?		
How do your emotions affect your physical health?		
Think about a time when you felt stressed or anxious. How did your		
·		
oody react? Did you experience headaches, tension, or fatigue?		
What small action can you take today to support both your mind		
and body?		
Consider a simple step such as deep breathing, mindful movement,		
or choosing nourishing foods.		



The Mind Body Connection Challenge

This simple but powerful exercise will help you connect your mind and body through visualisation and intention. Kirsty wants to share one of the methods she teaches to get people to realise what s real and what your mind can do in this very moment

Find a Quiet Space:

Sit comfortably in a quiet place where you won't be disturbed.

Close Your Eyes

Take a few deep breaths, in through the nose and out through the mouth, to calm your mind.

Visualise a Lemon

Picture a bright, fresh lemon in your mind. See its vibrant yellow colour and smooth skin.

Imagine Holding the Lemon

Feel the weight of the lemon in your hand. Imagine its coolness and texture.

Cut the Lemon

Visualise slicing the lemon in half. See the juice dripping and smell the sharp, citrusy scent.

Taste the Lemon

Imagine bringing the lemon to your lips and tasting its sourness. Notice how your mouth waters, even though the lemon is not physically there.

Reflect on the Connection

Open your eyes and think about how your body reacted to a simple thought. This demonstrates the powerful connection between your mind and body.

This document outlines the terms and conditions of engaging in Silent Counselling sessions with Kirsty Miller.

Client Acknowledgment

I understand that Silent Counselling is a complementary therapy and does not replace conventional medical care. I agree to inform my healthcare provider of any changes in my health condition.

Terms

Sessions are conducted virtually for now.

All personal information will be treated confidentially under GDPR regulations.

Waiver of Liability

I release Kirsty Miller from any claims arising from my participation in Silent Counselling.

Client Signature: ˌ	
Date:	



Parental Consent Form (for Clients Under 16) Parental/Guardian Consent for Silent Counselling Services

I, the undersigned, as the legal parent/guardian of [Child's Name], consent to their participation in Silent Counselling sessions with Kirsty Miller.

Child's Name:	-
Date of Birth:	
Parent/Guardian Name:	
Signature:	
Date:	

This document is governed by Scottish law and follows current regulations regarding holistic health services and child consent practices.



Referring Physicians' Information

Healthcare professionals are invited to refer patients seeking additional support for anxiety, trauma, or emotional inbalances.

Silent Counselling is a non-invasive approach that complements traditional treatments.

For inquiries or referrals, please contact:

Kirsty Miller

Kirsty@humanhealth101.com

www.humanhealth101.com

07753 223492

The smallest steps forward make the biggest changes



Masterclasses & Training dates for this year on website

- Sessions can last from 60 minutes
- Aftercare support on your healing journey given
- Packages of care optional (4 weekly, then review).
- Prices on website
- Please email if you have any questions

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