



### *Hypnotherapy*

Through positive coaching, hypnotherapy can help motivate you to change your daily habits or reinforce your goals. It is a very safe and powerful tool that guides you through a comfortable and inspiring experience.

### *Group Psychotherapy*

Group psychotherapy has an immense power to move you in creative and life transforming directions. Because of the bonding that occurs in a small facilitated group, you experience a high level of support, caring, and encouragement.

### *Couples/Relationship Psychotherapy*

Couples/Relationship psychotherapy provides you with the tools and skills to create and maintain positive and healthy relationships.

### *About Dr. Poole*

As founder of the Isle of Avalon Wellness Centre, Phebe is committed to providing a safe and secure environment where people can transform their lives.

Phebe has undertaken extensive education and training to help people with their transformation, including receiving her Ph.D. in Sociology from the University of Toronto. As well, she completed the Spiritual Psychotherapy, Spiritual Direction, Relationship Counselling, Group Psychotherapy, and other programs at the Transformational Arts College. Phebe also studied hypnotherapy, past life regression, and life between lives at the Ontario Hypnosis Centre.

### *Phebe-Jane Poole, Ph.D*

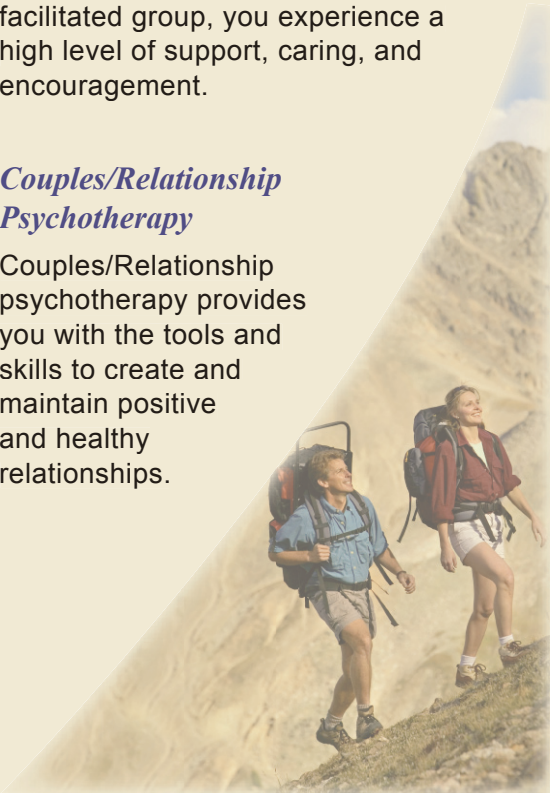
Psychotherapist and  
Hypnotherapist



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*Helping people transform their lives  
by encouraging the healing of  
mind, body, and spirit*





### *Spiritual Psychotherapy and Spiritual Direction*

Spiritual psychotherapy and spiritual direction can assist you if you would like to:

- Make positive changes in your personal, professional, and/or spiritual life.
- Enhance your personal growth by developing an awareness and acceptance of yourself.
- Look for ways to reduce the stress in your life.
- Understand why you do what you do, feel what you feel, and think what you think.

### *Spiritual Psychotherapy*

Spiritual psychotherapy can help you if you are:

- experiencing stressful times
- feeling lost, stuck, depressed, or anxious
- grieving and/or experiencing any type of loss or separation
- living with a life-threatening illness

It allows healing, personal growth, and transformation to take place on all levels - body, mind, and spirit. It helps you find a sense of balance and inner peace.

### *Spiritual Direction*

Spiritual direction can help you if you are:

- searching for guidance and support on your spiritual journey
- seeking a deeper connection with the Divine
- experiencing a spiritual crisis or emergency
- dealing with an illness, dying, or death

Formal spiritual guidance, mentoring, and direction can help you examine and deepen your spiritual practices and beliefs, and strengthen your own spiritual connection.

### *Past Life Regression Therapy*

During a past life regression, you journey to another time and place experienced by your soul. This journey can help you find out more about your current life's purpose, give insights on your soul's journey through time, and help you heal fears, addictions, or chronic pain. You may have life changing feelings and gain a deeper wisdom far beyond your current life experiences.

### *Life Between Lives Regression Therapy*

In a life between lives regression session, you are guided back through your current life and then into that place we go between our lives sometimes called the "Bardo State" or the "Blue Mist" where you access your soul's memories. While everyone's journey is different, it is always profound! You may come away from your session with a deeper awareness and understanding of your soul's purpose, a new sense of empowerment, a deeper sense of self direction and purpose, and a renewed energy for life.

