

## WELCOME

Hi, I'm Wendie, I'm a Counsellor and EMDR practitioner who helps souls like you, disconnect from self-doubt and grow self-worth.

I want you to feel proud of yourself, to attract love and appreciation so you can shine your light. And step out of feeling second best.

[Book a Consultation](#)

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## Ever feel you are never good enough?

Have you been in a relationship or grown up with parents where it's been all about their wants and needs and less about yours. Have you experienced feeling unloved, invisible and unheard, always trying to prove you're worth and feeling you don't measure up.

Has this has greatly affected your relationship with yourself and your life.

You may feel there's something lacking in you, but the truth is, you're amazing with infinite possibilities. With a beautiful desire to break unhelpful and generational cycles.

You just need a helping hand to align with your self-belief and worth!

So, are you ready to clear what's kept you stuck?

**You Have Come To The Right Place!**

## My style of therapy will help you to align with the truth of who you and your potential



Are you looking to feel self-assured of value, loved and appreciated?



Are you seeking EMDR to deal with a traumatic or any distressing experience to feel calmer and back in control?



Are you looking for a safe place to talk about your awakening?

Together, we'll honour and work with what is keeping you on 'pause'.

Together we'll find the way ahead that aligns you with your heart and purpose.

I help people stand in their truth and gain self-belief.

**Are you ready to be one of them?**

[Are you ready to make a start?](#)



## I'm an Intuitive and Inner Child Rescuer



More than 20 years clinical experience



BACP Accredited Counsellor



Accredited EMDR Practitioner



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## Self-Care & Grief

By Wendie Ralphs

I do hope you find this e-book of benefit to you. And that this book becomes a supportive companion to help you with your grief and heartache.

Much love to you. [Wendie](#)

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### 10 Lesson Your Mum's Death Teaches You

Learning how death changes your life completely as a twenty-something isn't something you expect to experience. Receiving a call to say your mum has died or having experienced being by your mum's side for her final last breaths is something you are never ever prepared for. To say your whole ...

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### How Trauma Can Help Us Grow

Experiencing trauma or PTSD (post-traumatic post disorder) isn't something only military personnel deal with, but an effect that can occur in the life of any regular individual, linked to different types of events and unfortunate occurrences. Despite the long list of issues, trauma and PTSD can make you deal with ...

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### 5 Ways Death Teaches Us About Living

Some say that feeling alive is necessarily bound to being fully aware of an imminent death. But unfortunately, we rarely realize this strong connection, at least not until a loved one passes. That moment usually makes us remember the way they lived their lives, the best moments with them and ...

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### Grief: Myths That Make You Worse (Part 1)

Grief is a complicated feeling that can't be placed into one set pattern. We all grieve differently, and sometimes in ways that we did not imagine ourselves. Grief is a time when we may discover that we are more vulnerable than we imagined or the opposite, that there is a ...

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### Grief: Myths That Make You Worse (Part 2)

There are so many myths and misconceptions about loss and grieving that it can be difficult to trace a line between what is normal and what is not. But, psychologists say, most of the things we imagine to be uncommon are actually quite widespread and you should learn to be ...

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### How to Help Someone Who Is Grieving A Suicide Death

At one point in their lives, everyone encounters grief after losing a relative or close friend. It is a challenging moment that tests our strength, but that can also bring people closer together and rekindle family relationships. However, death by suicide is different and even more soul-crushing. Comforting and supporting ...

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### Bereaved Kids – The Impact Decades Later!

Experiencing trauma or PTSD (post-traumatic post disorder) isn't something only military personnel deal with, but an effect that can occur in the life of any regular individual, linked to different types of events and unfortunate occurrences. Despite the long list of issues, trauma and PTSD can make you deal with ...

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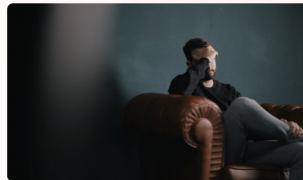


### Why Bereavement Counselling Is Important?

Bereavement counselling helps you to grieve in a healthy way without it destroying you – be it the death of a child, partner, relative or friend, or any other type of traumatic loss, such as a divorce or the loss of a job or lifestyle. Every person can react differently ...

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### The Breakup Manual – 7 Tips For Men

Hollywood rom-com breakups follow almost always the same path: boy breaks up with a girl, leaving her devastated and seeking solace in chocolate and ice-cream, while he moves on as if nothing happened and meets someone new almost immediately. In reality, men are broken up with as well, they suffer ...

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## Grief: Myths That Make You Worse (Part 2)

There are so many myths and misconceptions about loss and grieving that it can be difficult to trace a line between what is normal and what is not. But, psychologists say, most of the things we imagine to be uncommon are actually quite widespread and you should learn to be more forgiving of yourself. Take the time to heal, don't let others dictate how you should cope with loss and don't put pressure on yourself, because instead of healing, your grief will only make you worse.

### There is No Grief Without Crying

Because the loss of a loved one brings with it sadness, people expect you to cry – it's one of the myths of bereavement that just doesn't seem to go away. But not all people feel better if they cry. And not all of them cope with sadness by crying. It's normal to not cry at all after a loved one passes away and it's also normal to burst out crying a few weeks after their death.

### The Best Support Comes From The Family

The saying goes that family is with you no matter what and if you lose someone, they are the best ones to turn to. In reality, your family may not always be supportive and understanding and you might feel better in someone else's company. Remember that people will react or tell you how to grieve based on their own history of dealing with sadness, grief and distress. For example, if your parent was born in the 1960s they could have been raised with a belief that you need to carry on and be strong, men often grow up with a belief that crying is a weakness etc. This is why sometimes it helps to talk to someone outside of your family and to speak freely without worrying about upsetting someone. If you need to take time away from your family while grieving, don't feel bad for doing it.

### All Types Of Grief Are The Same

Coping with the loss of someone who was dear to us is generally labelled as "grief", but there are many types of grief under this umbrella term and they all appear different. For example, grieving after a miscarriage and grieving after losing a parent triggers grief and sadness but may include different triggers. It's simply not fair to say that some losses are less important than others. For example, many people expect you to suffer less if a grandparent who "lived a good life" passes away and even less if you lose a pet. In reality, you can't dictate the intensity of grief and you should never be ashamed or have to explain your grief to an outsider. Each person's grief is unique, their relationship was unique and any unfinished communication is unique.

### Time Heals All Wounds

This is a big myth that time heals all wounds. Sorry, but it doesn't! What time does do is help someone to get used to feeling the way they do. So it appears as though time has healed wounds. But in fact, the emotions haven't disappeared at all they have just become hidden away, which in the long term can cause problems with mental, physical and emotional wellbeing. Another factor here is that it's not helpful to think that after the first year or two years you simply "get over it". Time does not erase a loved one from your life, nor does it make your wounds go away. In some cases, people have trouble getting rid of a loved one's belonging years after they pass away, but that doesn't mean that they are living in the past. Acceptance means cherishing the loved one's memory after their passing while at the same time moving forward with your life.

### You Shouldn't Let Your Children See You Mourn

Another frequent myth of grief is that you shouldn't express your feelings in front of children in order to protect them, but this attitude is wrong for three reasons. Firstly, children can sense when something isn't right. So if the parent appears ok and strong but the child senses something different, this can teach a child to distrust their intuition and feelings. This can be a problem, particularly in later life when intuition/gut feelings help us to make decisions. A child seeing a parent or caregiver cry won't cause childhood trauma. That's just another myth! And thirdly, repressing grief will instil the idea that grieving is wrong and it should be bottled up, that tears are wrong and they should be bottled up. It's important for children to learn and understand that emotions are a part of life, that expressing and talking about emotions is health.

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## ABOUT THE AUTHOR

Welcome to Butterfly Counselling. My name is Wendie Rolphs, I'm a Counsellor and EMDR Practitioner and the reason I've helped so many in the journey from heartache to happiness is that I've walked that road too. I've experienced total heartbreak from the death of my 24-year-old daughter and my only child. Yet throughout this, I've found a way to soften the sadness and pain into finding a new purpose, meaning and happiness and into yours too. Grief & Heart-ache can feel like the end but let me help you to see that, in fact, it can lead you to a new life that honours your loved one. I'm proof of that!

DOWNLOAD THE SELF CARE AND GRIEF EBOOK



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## Work with Me



### How I work is driven by the most important person in this process and that's you!



Our sessions can be weekly,



they can be fortnightly,



and can even be a one-off.



Good to know when you're facing a difficult time and you don't know how you're going to get through it. But what actually happens depends on you. Not everyone wants to talk, each session. Sometimes a different approach is needed, such as Eye Movement Desensitization and Reprocessing (EMDR). A creative activity. It's your call.

## The Aim

Our sessions are designed to help you feel better, feel good, in the quickest, easiest and safest way possible. So you can start to enjoy life, which is how it should be. People might say you have to move forward. You might even agree with them. But that doesn't mean it's easy. It isn't. If your goal is to feel better and to feel good this means doing some inner work, which means working with often difficult and painful emotions. Ultimately it is this process that will sustain your goals.

### Time a Great Healer? Not on its Own, it Isn't.

It's often said that time is a great healer. Sadly, that's not the case. Time can heal but to a limited degree. Yes, symptoms of grief can appear to reduce over time but they are just suppressed, they don't disappear or go away; they just transform into something else like explosive anger, or depression. Others may experience a continuation or worsening of grief no matter what time has passed.

Without doing the inner work you won't gain new insights, and new perspectives which lead to feeling better, feel good. And you only do that work if you set aside time for it. That's why even making your first appointment can be so liberating. It's the knowledge it brings that you're doing something just for you. That you've started down the path that will in due course see the end of that walking under the dark cloud you've come to know so well.



## How Will You Work

Counselling and EMDR work when you engage with it. It isn't like being prescribed medication by your GP, that may work and may not but if it does it will be without your co-operation. How much you engage in the therapeutic process, will play a part in the positive changes you will experience. I'm here to help you identify and clarify the changes that will turn your life into the life you want it to be.

Whether you've been through a painful loss or terrible experience, or simply sense that your life is not what it's supposed to be – you can only progress if you access the place inside you where your strengths, positive energy and incredible potential of powerful resources live. Without that access, it's so easy to lose hope. To feel weary, listless and feeling lost. Very few people can free themselves from that feeling that way without help. Giving that help is what I do.

I work online and by telephone. Get in touch. Let's get you back on the right track.



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