



HEAD-TO-HEART HEALING SESSIONS

Break free from survival mode and let your old feelings go

Maybe you've done the therapy, read the books, and understood your patterns, yet the heaviness is still there. Or maybe you've done none of that and simply know you're carrying something that's ready to go. Either way, these sessions are about actually letting it go, not just understanding it better.

What happens in a session

Head-to-Heart Healing isn't therapy, counselling, or coaching. It's a gentle, guided emotional release process with Steve and Cilla by your side, and it follows two simple steps.

Step 1: Head. We help you see clearly what you've been carrying emotionally, not as a vague heaviness but as the specific emotional wound and the story that formed around it.

Step 2: Heart. The focus shifts from thinking to feeling. You feel the emotions that have been buried, release the old beliefs that grew around them, and make space for something new.

You don't need to prepare anything or have read our book. You just need to show up exactly as you are.

It may be right for you if:

- You're carrying old feelings, and you're ready to let it go
- You want focused, personal work rather than a group setting
- You'd value the time and space to go properly deep, without rushing

It isn't right for you just yet if:

You're not ready to feel the emotions you've buried, and that's absolutely fine. Our *Make It Make Sense* service can be a gentler place to begin. It also isn't right if you're in a mental health crisis. This work is deeply supportive, but it isn't a substitute for crisis care. If you're really struggling right now, please contact your GP, NHS 111, or the Samaritans on 116 123.

The practical details

- Face-to-face with both Steve and Cilla
- Three hours, dedicated entirely to you
- £250 per session
- Recommended gap of two to four weeks between sessions
- Save 10% with a block booking, paid up front or spread monthly
- Free 30-minute taster call if you'd like to talk it through first

Book a session or your free call at headheartandsoul.co.uk

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We're not counsellors or therapists, and our work isn't a substitute for clinical treatment. If clinical support would serve you better, we'll tell you honestly and help you find it.



Why 3 hours?

Traditional therapy sessions often end within the hour, just as you're beginning to open up. Real release needs room to breathe. Three hours gives you time to settle in, move past the surface story, reach what's waiting underneath, and come back to yourself feeling grounded before the session ends.

Why both Steve and Cilla?

Two people working together can do something one person alone can't. Steve sees the patterns, such as how things connect, why you react the way you do, and what's actually going on beneath the surface. Cilla notices what isn't being said. She picks up on the things you might not know you're feeling, and her warmth helps you say them when you're ready.

Steve was an original director of Kooth plc, the LSE-listed digital mental health provider. Cilla is a qualified life coach with extensive experience guiding people through personal change. Together, they're the authors of the book *Rebecoming®*.

Looking after yourself on the day

This is emotional work rather than thinking work, so it can be more tiring than you'd expect. A few things help:

- Eat well before your session and bring a water bottle
- Wear something comfortable and bring a jumper or wrap, as releasing emotions can leave you feeling a little chilly, even on a warm day
- Keep your calendar clear for the rest of the day and evening
- Afterwards, be gentle with yourself. A quiet walk, a long bath, or an early night all help
- Resist the urge to talk it all through with friends or family straight away. Sometimes this work needs to settle quietly inside you before it can be shared

What people say

"The process didn't just help me understand these patterns intellectually. It gave me the tools to actually release what I'd been holding onto for decades."

Theresa H

"It's challenging, but Cilla and Steve are two of the kindest, most dedicated people you'll ever meet."

Anthony Bethell

Where this can lead

For many people, one or two sessions is exactly what they came for. For others, this work opens up something bigger, and that's often what leads them to *Rebecoming®*, our 6-month small group programme for the deeper journey back to yourself. There's no pressure and no rush. You simply find the door that feels right for you, in your own time.

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