



About Radiance Hobart Counselling

*Knowing other people is intelligence
Knowing yourself is wisdom (Lao Tzu, Tao Te Ching 5th c BC)*

Radiance Hobart Counselling & Self-Development is a private counselling practice located in southern Tasmania, owned and operated by Dr Pauline Enright, qualified counsellor, Mindfulness Therapist and philosopher. Radiance also offers a range of self-development courses, such as the Enneagram and Mindfulness training.

Counselling clients come to us with addiction, anxiety, depression, panic, phobia, relationships, stress, trauma and more. Our testimonials reveal our clients' satisfaction. We work with private individuals and workplaces.

While we draw on a range of therapies, we most often use [Cognitive Behaviour Therapy \(CBT\)](#), often combined with [Mindfulness Therapy \(MiCBT\)](#). We also draw on the insights of Philosophy and [Philosophical Counselling](#).

Cognitive Behaviour Therapy (CBT)

CBT is a therapeutic approach that examines the thought processes that lead to a client's distress. Changing the way we think about an event changes the way we feel.

States such as anxiety and depression can be relieved by changing negative thoughts into (usually more realistic) positive ones, promoting healing. Like most counselling approaches, CBT evolved from ancient philosophy, including especially Socrates.

Mindfulness Therapy

[Mindfulness Therapy](#) teaches you how to manage stress and stressful reactions. You learn to stay calm when difficulties occur. Mindfulness is the state of being present to what you are doing, giving full attention of mind and body, without judgment or reactivity.

You don't let your mind wander. By paying full attention, you learn not to react to stress. You act more confidently and positively.

You take charge of difficulties, rather than letting them take charge of you. Life's not so bad after all. Before you know it, it's better and brighter. Clients with serious and non-serious stress have benefited from learning and practicing Mindfulness.

We have a range of Mindfulness courses to suit individuals, couples, groups and workplaces. We also have a specially tailored version for smokers.

Philosophical Counselling

Philosophical Counselling brings back the ancient art of healing through understanding. A Philosophical Counsellor will help you explore beneath the surface of your problems. You better understand why you have certain beliefs and assumptions, and importantly, how to change them.

Early Philosophy was concerned with 'healing the soul.' Psychiatry and Psychology have evolved from Philosophy. In more recent times, they have morphed into diagnosis and medication. Many 'problems of life' are now pathologised.

Grief from a precious loss is sometimes considered as a 'mental illness.' While mind-altering medication may alleviate symptoms in the short term, it fails to address or heal the causes of distress. This requires something that medication can't supply.

Philosophy teaches you that there is more than one way to see and interpret a situation. You come to see things more clearly and realistically, and become less distressed. We see clients as rational agents, capable of taking charge of their feelings, thoughts and actions.

Understanding, empathy and discussion help them navigate and untangle the knot causing their distress. Seeing things in new, clearer ways brings healing and relief. Philosophy laid the foundations for most therapies that are used today.

If you would like to know more about counselling or to book a session, get in touch with us below.

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