

Soul Therapy

Bespoke Personal Packages



SOUL THERAPY



Unlocking Health, Happiness & Your True Potential:

Soul Therapy for Individuals & Couples

Come home to yourself.
Come home to each other.

Soul Therapy is for you if you are ready to **heal, reconnect, and transform** individually or as a couple. Whether you're navigating **personal challenges** or **relationship issues**, soul therapy offers **emotional support** rooted in evidence based psychology and spiritual practices.

For **individuals**, Soul Therapy provides a safe, compassionate space to explore your inner world, release old patterns, and step into your most authentic self.

For **couples**, it's an opportunity to move beyond surface-level communication and into true emotional intimacy—where both partners feel seen, heard, and safe.

Together we explore how to build **love, trust,** and **connection** within yourself or within your relationship, so you can better create your world.

Soul Therapy is a fit for you if:

- You feel **stuck** in old patterns and need **support** in creating new ones.
- You are going through a **transition** and seeking support and **clarity**.
- You want to **heal old wounds** and step into a **conscious** living or relationship.
- You're ready to **move from surviving to thriving**.

This is more than talk therapy.

This is Soul Therapy.

Grounded. Transformational. Heart-led

- 1-1 or Group Support
- Exclusive Personalised Replies
- Q&A, video vault....and more

Contact: SoulTherapyHelp@gmail.com



The Soul Therapy 12 Week Membership package

What's Included:

Soul Therapy Come Alive Membership Program

- **12-Week Guided Group Series** (limited to 12-24 members)
Designed to support individuals in deepening emotional connection, healing, moving past old patterns & cultivating authenticity, both within themselves & in their relationships. Soul Therapy uses a blend of integrative healing practices from both western psychology & eastern teachings.

Ongoing Access & Support

- **Weekly Live Q&A** (with replays for all group members)
A supportive space to share and explore personal and professional challenges.
- **Group Telegram Community**
Direct, guaranteed therapist response (audio or text) to **each participant's** question or issue **twice weekly**.
- **Video Library & PDF Resource Vault**
Ongoing tools, tips and teachings to help you grow with soul and support integration beyond the live experience.

Exclusive Discounted 1-1

- **Reduced Price Individual Sessions**
For the member who wants to go even deeper. A personal space to work through stress, pressure, blocks, burnout and more, with confidentiality. Options include hypnotherapy.

Get the Best for Less - Deductions & Insurance

- This investment is **tax deductible** and, if you have Canadian **insurance** either via your employer or privately, the cost may be covered by your insurance.

Apply Now

- Contact us direct at soultherapyhelp@gmail.com to claim your spot via our targeted **suitability** questionnaire or discuss your needs with a **consultation call** (up to 15mins in length) so we can help to **match** you to the ideal package(s) for you, remembering that the final choice is always yours.

Total Investment for the full 12week Membership - €690 per person

The Soul Therapy 12 week Couples Workshop package

What's Included:

Rebuild, Reconnect & Rise Program



1:1 Couples Sessions & Guided Group Series

- **3 Soul Therapy 1-1 Couples Sessions**
Strategically distributed through the 12 week series. A **personal space** for the couple to work through their issues, stress, pressures, blocks, or burnout, with confidentiality.
- **12-Week Guided Couples Group Series** (limited to 6-12 Couples)
Designed to support couples in deepening emotional connection, healing, moving past old patterns & cultivating authenticity, both within themselves & their relationship. Blending integrative healing practices from western psychology & eastern teachings.

Ongoing Access & Support

- **Weekly Live Q&A** (with replays for all group members)
A supportive space to share and explore **personal and professional challenges**.
- **Group Telegram Community**
Direct, guaranteed therapist response (audio or text) to **each couple's** question or issue **twice weekly**.
- **Video Library & PDF Resource Vault**
Ongoing tools, tips and teachings to help you **grow** with soul and support **integration** beyond the live experience.

Exclusive Discounted 1-1s

- **Reduced Price Individual Sessions**
For the individual or couple who wants to go even deeper. A personal space to work through pressures, blocks & more with confidentiality. Options include hypnotherapy.

Get the Best for Less - Deductions & Insurance

- This investment is **tax deductible** and, if you have Canadian **insurance** either via your employer or privately, the cost may be covered by your insurance.

Apply Now

- Contact us direct at soultherapyhelp@gmail.com to claim your spot via our targeted **suitability** questionnaire or discuss your needs with a **consultation call** (up to 15mins in length) so we can help to **match** you to the ideal package(s) for you, remembering that the final choice is always yours.

Total Investment for the full 12week Couples Workshop - €1100 per couple



The Soul Therapy Inner Circle package **Elite Inner Circle Program**

2:1 Individual Sessions, 1-1 Individual Sessions & a Personally Guided 12 Week Series

- **3 Soul Therapy 2-1 Individual Sessions**
Join our elite inner circle and meet with us both. Gain a **super-charged** lightning-rod focus to the core of your issues. Strategically distributed across the 12week series.
- **9 Soul Therapy 1-1 Individual Sessions**
Meet with Kait or Katie 1-1 for sessions **devoted to your development**. A personal space to work through issues, stress, pressures, blocks, or burnout, with confidentiality.

Ongoing Access & Support

- **Personal Telegram Group**
Just you and us, in your own personal telegram group. **Direct, guaranteed therapist feedback** (audio, text, video or even live call! Whatever we know will benefit you the most.) **every weekday**.
- **Curated Q&A Recordings**
A **confidential, supportive space** to share and explore personal and professional challenges.
- **Video Library & PDF Resource Vault**
Ongoing tools, tips and teachings to help you **grow** with soul and support **integration** beyond the live experience.
- **Reduced Price Additional 1-1 or 2-1 Individual Sessions**
To collapse time as a **sovereign leader**, go even deeper and step into tomorrow today. A personal space to work through stress, pressure, leadership blocks, anxiety, burnout and more, with confidentiality. Options include hypnotherapy.

Get the Best for Less - Deductions & Insurance

- This investment is **tax deductible** and, if you have Canadian **insurance** either via your employer or privately, the cost may be covered by your insurance.

Apply Now

- Contact us direct at soultherapyhelp@gmail.com to claim your spot via our targeted **suitability** questionnaire or discuss your needs with a **consultation call** (up to 15mins in length) so we can help to **match** you to the ideal package(s) for you, remembering that the final choice is always yours.

Total Investment for the 12 Week Inner Circle Program - €4500



Soul Therapy

Bespoke Professional Packages

Next Step - Sign Up or Book Your Free Consultation Call Now

Contact Soul Therapy by emailing soultherapyhelp@gmail.com stating in the subject line that you wish to 'Sign Up For A Personal Package' or to 'Book A Personal Package Consultation Call'. If you would like a consultation call, let us know in the email a range of times & dates suitable for you and which time zone you are based in for the 15 minute call - we work with clients all over the world. We will reply to confirm when your call will be.

Additional Options

We offer **Family Plans and Family Packages** for those wishing to take this journey as a family. We offer **Bespoke Professional Packages** for businesses too. These are available on request.

Additional Benefits for Personal Package Members

We offer **discounted rates** for all members who are enrolled in Soul Therapy Personal Packages to join other Soul Therapy Personal Memberships or Couples Workshops. Because successful individual work supports relationship success and satisfaction, and successful couples work supports individual growth and happiness.

Reviews:

'When I first started speaking with Kait I was in an emotionally fragile state. Thank you Kait for getting me to a place where I feel in control of my life again.' - AD

'Katie is incredible, I have learned so much from her.' - ML

'If you are struggling, I would recommend Kait's approach as it has changed my life dramatically. Thank you Kait.' - NDM

'Working with Katie has been a transformative experience, she has a unique ability to connect on a deeper level.' - GC

'Kait offered valuable suggestions and created a safe and supportive space. Kait is truly making a difference in this world, one client at a time.' - AN

'I felt so heard and Katie's compassion and wise reflections helped me to see situations from a new perspective. I highly recommend working with Katie' - GP