

DR. CONNIE NUMBERS

Dr. Connie Numbers, PsyD
Psychospiritual Counselor
Doctorate in Psychology
Masters in Social Work
Bachelors and Masters in Music

Dr. Connie Numbers is a licensed psychotherapist with over 20 years of clinical experience. She currently has a private practice in Ocean Isle Beach as well as upstate New York. Recently she has started her psychospiritual practice in Wilmington, North Carolina at Visions and Dreams.

Connie's spiritual wisdom and knowledge comes from 30 years of mentoring with a deep trance medium, June K. Burke, who is also the author of 3 books: *Self Discovery and Manifestation*, *You are Unique and Creation, Its Laws and You*.

Connie lives in Holden Beach with her husband, Jeff, her dog Murphy, and her parrot, Lily.



What is a Psychospiritual Counselor?

A Psychospiritual Counselor is a title I gave myself to indicate I am a psychotherapist and a spiritual teacher. It is also a way of distinguishing my practice solely as a psychotherapist and also as one who brings into the sessions the element of Spirit (or as it is also called, the Soul, or God, or Higher Self, or God/Goddess All That is, or the Universe). One practice is psychotherapy, the other is psychotherapy with metaphysics. In other words, our sessions do not just rely on what is going on with you as a human personality. We talk about the totality of you...mind, body, and Spirit.

All of us need others to help us find our way in life. We need teachers and guides, both visible and invisible, to give us hope, inspiration and guidance.

Ultimately, however, the answers we are looking for lie within us waiting to be discovered.

Finding those answers is what I call "Inner Joyful Work". It might be hard to imagine "joy" and "work" inhabiting the same sentence but if you can remember a time in your life when you truly worked hard at something and succeeded you will remember also the joy that came with it. The result of going inside to know yourself as both a human personality and a divine being is a joyous one.

My job is to help you find the answers you're looking for: to help you understand your own individual uniqueness as a soul, as well as to heal and honor your humanness.

---There is magic in the telling of your story.

---There is mystery in the discovery of what you will find.

---There is power in the exploration of what is discovered.

---There is freedom in the responsibility of ownership.

---There is joy in the transformation when the butterfly is you emerges.

At some point in our evolution as souls, all of us are going to have to do inner work. No one can escape it because it's where the buried treasure lies. And deep down, we are all looking for the buried treasure, not so we can discover what's in it, but so we can remember what's in it. That's why we're here...to remember.

So, why not this lifetime? Why not now? In essence, it's all we have.