A watercolor illustration of a pond. The water is a mix of light purple and blue. Numerous green lily pads float on the surface. Several white water lilies with yellow centers are in various stages of bloom. The overall style is soft and artistic.

LIFE PROCESS COUNSELLING

a division of The Wellness Centre Inc.

Philosophy

Life Process Counselling® is a gentle, uncomplicated, and authentic way to nurture the process of self-healing and personal growth. At its heart is the unwavering belief that each of us possesses a core of goodness, wisdom, and strength that seeks expression in our daily lives. This core — the spiritual self — is the foundation of a fully realized life. But we do not always honour it.

When we lose our connection to our inner core, signs appear to let us know that we are off track. The signs are different for each of us. Stress-related problems may begin to take their toll. Work slowly but surely consumes our lives. Our material possessions are never enough to satisfy us. Apathy and depression dilute our passions. We struggle to spring back from a loss or transition. Physical symptoms erupt seemingly out of nowhere. We feel engulfed by a profound loss of meaning in life. Our desire to express our creative side seems stymied or blocked.

Regardless of how this inner malaise manifests itself, it is time to go within — to connect with whom we are and how we are meant to be living.

If you yearn for a balanced and fulfilling life but do not know how to proceed, you may want to consider the **Life Process Counselling®** program. Through **Life Process Counselling®**, you will be guided back to your true self. You, too, can realize what you inherently know to be true: your life has precious meaning, and you are your greatest ally in healing and positive change.



How Does Life Process Counselling® Work?

Life Process Counselling® is designed to guide you back to the basics of what it means to be fully human. In one sense, the approach is philosophical because it asks you to explore your basic beliefs about who you are and what life means to you. At the same time, it is practical: through self-exploration and the awareness that comes with it, you connect with your own way of helping and healing yourself.

However, there are some things that **Life Process Counselling®** is *not*. For instance, you will not be setting goals, problem solving, or using willpower. Nor will you be using positive thinking, visualizations, daily readings, or relaxation techniques. Rather, you will be guided through a process of inner or spiritual growth that can be accessed without props or complicated techniques.

A unique program, **Life Process Counselling®** draws on a series of discussions and simple awareness exercises, including a daily practice called “Quiet Time.” Quiet Time or inner silence is truly the cornerstone of **Life Process Counselling®**. Through its practice, you learn how to still your mind, which is the key to revealing your deepest self.

What are the Benefits of Life Process Counselling®?

A commitment to **Life Process Counselling®** will bring enduring benefits that will enrich your health, relationships, career, and personal and spiritual growth. Here is what you will discover for yourself:

- You have deep inside you a core of goodness and value that is unshakable and is always available to you.
- Your greatest lessons are right before you in everyday life.
- All your inner struggles and life challenges can be used as opportunities to learn and grow.
- A simple, daily commitment to Quiet Time can free your innate ability to help and heal yourself and to find your life's direction.
- Peace of mind, joy, creativity, inner strength, and personal fulfillment are your birthrights.
- You can relax deeply, releasing built-up tension at will.
- You can experience a profound and vital sense of connection to all things in the web of life.
- When it comes to your life, no one is wiser than you.

What are the Program Options?

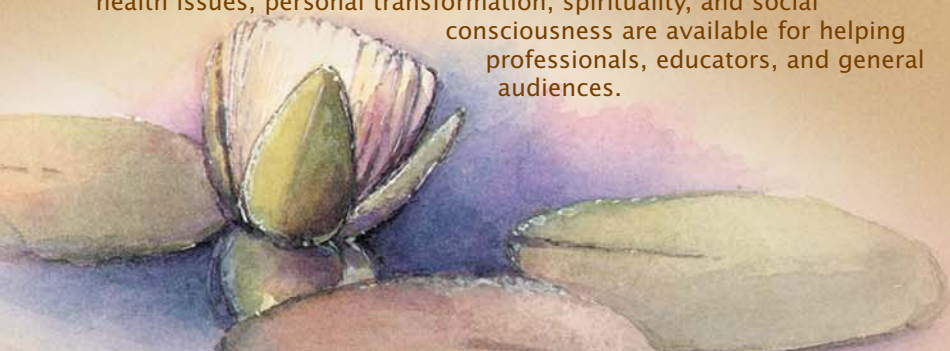
A range of options is offered to meet your interests and needs:

- Small groups meet once a week for about four months in an atmosphere of positive sharing, support, and confidentiality. The workshop content consists of teachings, awareness exercises, sharing, and take-home exercises. You will receive a workbook/study guide. There is individualized follow-up.
- One-on-one sessions in person are scheduled weekly for about four months, with each session lasting 1 1/2 hours. You will receive a workbook/study guide. There is individualized follow-up.
- One-on-one sessions by telephone can also be arranged, regardless of where you live. However, it is important that we arrange to have some sessions in person before we make the transition to telephone.

Other Programs

Workshops and presentations on topics related to wellness, mental health issues, personal transformation, spirituality, and social

consciousness are available for helping professionals, educators, and general audiences.



Viola Fodor, B.Ed., M.Ed.



I became involved in the area of healing and personal transformation in the late 1960's because of my own experience with eating disorders and depression. In those years, eating disorders were still "closet problems," so while I was desperate and determined to get well, I was too embarrassed to seek help. Instead, I studied nutrition, receiving my Bachelor of Education (Home Economics) from the University of Alberta in 1974. Not finding the answers I needed in the Food Sciences, I enrolled in a graduate program in Education, this time with a focus in psychology. Drawn to the ideas underlying Humanistic and Transpersonal psychology, I went on to receive my Master of Education in 1979. However, even with my wealth of knowledge related to wellness and human potential, my problems only worsened.

Then, in 1981, the unexpected happened. I healed myself by turning inward, allowing my deepest wisdom to guide me. I emerged from my despair with profound insight into the self-healing process and a powerful message to share with others. In the same year, I developed a counselling program to help others who were struggling with similar problems.

Today, clients with a range of lifestyle concerns come to me for guidance and direction. As a certified member of the Ontario Association of Consultants, Counsellors, Psychometrists, and Psychotherapists (OACCPP), I lead workshops for professional and lay groups both in Canada and the United States.

"Viola's program is a powerful, yet gentle, way of taking a journey inward. It speaks to the spirit in all of us and is a program for everyone."

*Linda Jamieson, Women's Counsellor
Ganohkwásrá F.A.S.S., Six Nations of the Grand River, ON*

What do People Have to Say About Life Process Counselling®?

“As an educator, I am fully aware of the importance of young people encountering those who will challenge them and enable them to grow. Viola has, over the many years we have worked together..., provided that opportunity to many of our students. Her direct, yet sympathetic, approach has allowed our students to discover the source of many of their difficulties and her expert wisdom and counselling have assisted them in their struggle to become fully aware, responsible, and productive members of society.”

*Mike Lavelle, Director, Residence & Lecturer, Religious Studies
University of Toronto at Mississauga, Mississauga, Ontario*

“Viola Fodor’s healing works at the deepest intuitive level, which empowers the readers of her book and attendees of her programs to rise above their depression, stress, and disordered behaviours. She helps people to heal themselves by broadening their self-awareness and by getting in touch with the all-knowing, spiritual voice that resonates within.”

*Leigh Cohn, M.A.T., Carlsbad, California
Editor-in-Chief*

Eating Disorders: The Journal of Treatment and Prevention

“Viola Fodor has been associated with Sheena’s Place since 1996. Through her counselling, group facilitation and many workshops, she has given those with eating disorders and their families a respectful, non-shaming framework for working with the chaos and pain associated with eating disorders. She has inspired people with hope through her personal example and careful direction.”

*Ann Kerr, Program Director
Sheena’s Place, Toronto, Ontario*

“As an adoptive parent and an international adoption agency founder, I have witnessed a distinct need for Viola’s talents in the adoptive community. The medical field has recently recognized a condition known as PAD (post adoptive depression). It is common for parents who have unyielding commitment and good intentions to center on their new child, thereby neglecting their own needs. Through Viola’s gentle and insightful guidance, these parents can learn how to take care of themselves and to deal with the special needs of their children in healthy and nurturing ways.”

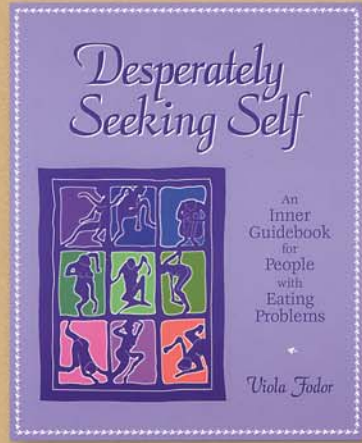
*Sonia Kondrat
Adoptive parent and founder of an international adoption agency,
Etobicoke, Ontario*

“When going through intense personal pain and loss, I found incredible gifts with Viola’s help – resiliency, compassion, wisdom, and my true self. In twenty-one years of experience in the health care field, I have yet to find someone who accomplishes what Viola does – this is her gift.”

Janet Lovegrove, Registered Nurse, Simcoe, Ontario

Resources

Desperately Seeking Self is a sensitive, insightful book designed to facilitate self-healing from eating disorders. Presented in an appealing gift book format, it uses a unique approach — a dialogue between a client and a therapist — to offer a vision of human nature that includes the spiritual dimension. Authored by Viola Fodor, it is published by Gürze Books (1997) and is available in bookstores everywhere.



Location

Life Process Counselling® is a division of **The Wellness Centre Inc.** which has two locations. One is in Oakville in a lovely healing centre just off the QEW at Trafalgar Road. The other is on the north shore of Lake Erie, in the beautiful village of Port Rowan, an hour's drive southwest of Hamilton.

**Please make all inquiries to:*
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Port Rowan, Ontario
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Tel: **519-586-8450**

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Oakville, Ontario, Canada L6J 7W5

E-mail Address: violafodor@sympatico.ca
violafodor@hotmail.com
Website: www.violafodor.com

This is what returning to “true self” means for me: a natural mind that is free to attach and detach at my will — easily and lightly, like a hummingbird going from flower to flower. This, too, is the secret to a life fully and freely lived, and unquestionably the greatest gift I received from Viola.

*Pamela Tames, Creative Director of an advertising agency
San Diego, California*

