



# Medical Intuition to support mental health

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## What is Medical Intuition?

Medical Intuition is an intuitive observational skill designed to evaluate a patient's physical body and emotional state to support healthcare outcomes. It is intended to help identify physiological and emotional contributors to illness and assess the hidden energetic patterns that may be driving persistent mental or emotional challenges in a patient.

While Medical Intuition is not meant as a substitute for medical or psychological diagnosis or care, and should always be used in conjunction with qualified healthcare practitioners, it can serve as a valuable adjunct to various healthcare fields to support a deeper and more holistic understanding of the contributors and origins of the patient's challenges.

## Who am I?

I have been working as a physiotherapist in Swakopmund since I qualified at Stellenbosch University 15 years ago. I have always had an interest in the mind-body connection and received additional training locally and internationally about fascia, the nervous system and trauma-informed practice. My work in recent years has centered around supporting patients with chronic pain, chronic illness and psychosomatic connections, and I have developed novel hands-on and rehabilitation practices unique to these kinds of patients, which I have been teaching to physiotherapists since 2020. My unique work that uses mind-body concepts to help patients integrate their challenges on a nervous system level is called NeuroFascial Integration.



I trained as a Certified Medical Intuitive Practitioner (CMIP) at The Practical Path, a US-based institution that trains only qualified Healthcare practitioners in this field. This program focuses on maintaining a high standard of ethical practice and practical usefulness of Medical Intuition. The training program takes 14-18 months and includes 80-90 case study practice clients.

This training also included several Masterclasses on parallel subjects, from which I have developed a wider range of Intuitive Readings useful in supporting patients with their mental health, not just their physical health.

## What is this document about?

I find that most of my clients deeply benefit from insights received during Intuitive Readings, and I would love to work in collaboration with mental health colleagues to support deeper healing.

## What does this look like?

Intuitive Readings can evaluate the hidden or unknown belief systems, traumatic life events, thought patterns and emotional load that might be limiting a patient's ability to move forward. They can also help a patient understand themselves better and what has influenced them in their life. Receiving an Intuitive Reading can help patients overcome the resistance they might feel to facing difficult beliefs or emotional patterns, and may uncover memories that might bring them deeper insight into themselves and their physical or mental health. Some readings also deal with deeper spiritual aspects that might help them understand the life lessons connected to their challenges and help them develop for themselves a sense of meaning around them.

If there is a physical health issue present alongside a mental health challenge, a Medical Intuitive Assessment can evaluate both the physical details and the emotional contributors to that illness, and the more specialized types of assessments I offer can dive deeper into the fundamental capacity of the body to heal, the underlying causes and contributors to highly sensitive nervous systems and the deeper emotional origins of disease.

## How can Intuitive Readings be used in healthcare?

I offer Medical Intuitive Assessments and Intuitive Readings via online consultation. Where appropriate, patients may choose to book their Reading, after which they receive an audio recording. I can also prepare a comprehensive report outlining what came out of the Reading, if the patient chooses.

The insights the patient receives during the Reading can provide unique perspectives and ideas that may open new pathways for discussion in your treatment. I have found that Readings help people understand themselves better, which often motivates them to take more responsibility for their own mental health and take actionable steps to help themselves.

## How can this help patients?

After a Reading, most patients feel more relaxed about their challenges, and more motivated to work on themselves. They often find great value in understanding the effects of their past and their beliefs on their current lives. Patients feel validated in their intuitions and experiences, and often feel less resistant to facing difficulty and more connected to themselves and their inner knowing. Generally, I find people tend to experience more ease and gentleness when relating to themselves and their emotional history.



# Which patients are appropriate to refer?

## Indications for Referral

- patients who would like to explore unclear or challenging aspects of their psyche on deeper levels
- patients who may struggle to access memories of life events or struggle to understand underlying belief systems
- patients who also present with physical health issues alongside their mental health challenges and would like to understand the connections between them
- potentially psychosomatic presentations or cases where emotional disturbances may contribute to or exacerbate physical illness
- highly sensitive or neurodivergent individuals who may struggle with complex or wide-ranging emotional and physical challenges

## Contra-indications for Referral

- patients who do not have the nervous system capacity to receive and integrate highly complex information or potentially emotionally charged information
- patients who do not have the skills to regulate themselves when they may be emotionally triggered \*Patients always have the choice to stop the reading or change focus if it moves in a direction they don't feel comfortable with
- patients who do not have access to ongoing mental health support to help them integrate the insights
- patients who may show a tendency toward dependency on external sources of information or healing, and who may not be willing or able to develop autonomous self-regulation and self-reflection
- patients in mental or emotional crisis or who may be suicidal

### Note:

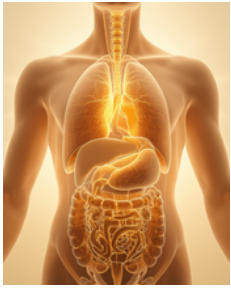
Patients who show a tendency to overly intellectualize their challenges may need additional support from you to connect to and integrate their emotional experiences after a Reading. Some patients may need support in learning nervous system regulation and building capacity before a Reading. My work with NeuroFascial Integration may help with this.

## Interesting. What do you offer?

I invite you to experience an Intuitive Reading for yourself with a complimentary session of your choice. This will give you the opportunity to evaluate the process firsthand and consider how the insights may support your work with clients where appropriate.

See the following page for a list of Readings  
I think you'd find interesting.





## Medical Intuitive Assessment

Understand the anatomical & physiological details around your health condition as well as the deeper mental & emotional themes that may be underlying it, including beliefs, life experiences, emotional patterns & life lessons that may be connected to your body's physical presentation.



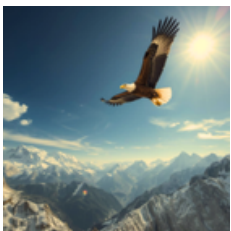
## Medical Intuition: Deeper Origins

Dive deeper into the mental & emotional themes that may be underlying a specific physical health condition, including beliefs, life experiences, emotional patterns & life lessons that may be connected to and maintaining it.



## Freedom from Beliefs

Explore the beliefs underlying a specific emotional issue or theme in your life & how they may be limiting your progress right now



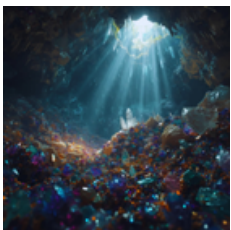
## Freedom from Your Past

Explore emotionally significant life events surrounding a specific emotional issue or theme that might have created subconscious decisions and beliefs that may still be limiting you today



## Masks & Costumes

Symbolically explore the ways that you might have developed your identity & hidden personality traits throughout your life, and how that might be preventing you from showing up more authentically in life right now



## Hidden Gems Within

Explore the hidden talents, perspectives and traits that are unique to you and what you bring into the world, using the symbolism of Namibian crystals & gemstones

Find more Readings here:

Medical Intuition - physical & emotional health assessments

Symbol Readings - symbolic exploration of self

Insight Readings - deeper insight & spiritual discovery



Feel free to contact me to book your complimentary session and discuss how this might help your patients.

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Since this type of intuitive work is not within the scope of practice for physiotherapy, I have created a separate business for this work.

Visit my [Energy Work Website](#) for more info.



Do your patients also need physical support to regulate their nervous systems? Read more about the way I developed my physiotherapy into a more holistic approach that helps people reintegrate their mind and body. Read more about [NeuroFascial Integration](#) on my [FlowForm Rehab Website](#).



To read more about my USA training institution for Medical Intuition,, visit [The Practical Path's website](#).



To read more about how Medical Intuition is being used internationally, visit the website of the [National Organization of Medical Intuition \(USA\)](#).

