

The Resting Tree 2025

Reflective Dialogue & Developmental Guidance

Discover a New Path with Transformational Conversations

At The Resting Tree, I offer a therapeutic journey that blends traditional psychotherapy with the transformative power of existential therapy, Jungian analysis, and creative exploration. This method invites you to tap into deeper layers of self-awareness. It's not just about addressing surface-level issues but about uncovering hidden connections within your inner world, unlocking profound potential for change. Whether you're overcoming challenges or seeking to explore your creative depths, this approach offers a rich, integrated experience.

Tailored Services for the Inquisitive Mind

My work is designed for those seeking more than traditional therapy. Whether you're an academic, a creative, or simply a curious explorer, my approach meets you at the intersection of ancient wisdom and modern existential concerns. I offer a range of services, from existential psychotherapy sessions to paleophenomenological journeys that provide a deeper exploration of self and world. Through these sessions, clients are empowered to examine their lives in new ways, guided by an approach that is reflective, dynamic, and uniquely crafted for each individual.

Who I Am

My name is Matilde, and I am a BACP eclectic existential psychotherapist, supervisor, researcher, artist, and the creator of paleophenomenology. This innovative framework explores the roots of human consciousness through ancient wisdom and phenomenological experience, offering pathways for transformation, creativity, and deeper meaning. I am passionate about the mystical, the uncanny, and the hidden connections that shape our lives, often working from an alchemical and shamanic and alchemical perspective [www.matildetomat.com]

What to Expect from Our Sessions

At The Resting Tree, I see therapy as an alchemical process. You bring your current feelings [whether it's anxiety, depression, loneliness, or existential doubt] and together we work to transform them through a process of self-exploration.

My Integrated Approach

1. Therapeutic: A mix of analytical, supportive, and explorative methods, grounded in Rogerian core conditions and an existential perspective. I incorporate Jungian approaches, including work with archetypes and the unconscious mind, with the addition of paleophenomenology to explore primal consciousness;
2. Coaching and Mentoring: Practical support for stress management, skill implementation, and goal setting, enhanced by paleophenomenology's unique lens of understanding challenges through an ancient, human perspective;
3. Pastoral: Delving into moral, existential, and spiritual questions, with insights from shamanic traditions and ancestral knowledge, all through the framework of paleophenomenology;
4. Professional: Supporting professionals and creatives in integrating ancient wisdom and Jungian thought into their practice, fostering deeper connection and effectiveness in their work;
5. Academic: Encouraging self-reflection and learning through journaling, reading, and applying paleophenomenology to human origins, creativity, and consciousness;

6. Philosophical: Addressing life's puzzles and meaning-making through an examination of how our ancient ancestors navigated existence, infused with existential and paleophenomenological insights;
7. Artistic: Incorporating creative practices to explore the need for human beings to leave their mark, as seen in ancient rock art – one of the key themes of paleophenomenology.

For Those Seeking More

This holistic approach is not for everyone, but for those who feel therapy alone isn't enough, and are ready to explore something different, The Resting Tree is organised around a series of Transformational Conversations:

1. Reflective Dialogue: sessions blending integrative therapeutic reflection, insight, and analytical approach.
2. Developmental Guidance: action- and development-oriented pathways for those ready to explore possibilities.
3. Literary Practice: The Reading Room: a journey in 17 books; guided self-exploration based on literature as a companion, mirror, and teacher.
4. Engaged Supervision: reflective and integrative support for professionals and creatives.
5. Workshops + Events: immersive, experiential gatherings exploring creativity, human consciousness, paleophenomenology at the intersection of life and learning.

Each path offers a chance to engage with your inner life, test ideas, and move with integrity, curiosity, and attention. The choice of how you journey here is yours: guided, supported, and respected.

Reflective Dialogue & Developmental Guidance

At **The Resting Tree**, Transformational Conversations take shape in various intertwined yet distinct paths. To begin with: Reflective Dialogue and Developmental Guidance. Each session is a space where attention, curiosity, and insight meet, a place where the inner and outer worlds converge.

Reflective Dialogue

This is the work of turning inward, of giving yourself permission to slow down and examine the contours of your experience. Grounded in existential and eclectic therapy, and informed by Rogerian principles, such as empathy, congruence, unconditional positive regard, and acceptance, these sessions are designed to create a sanctuary for self-exploration. Here, you explore patterns, emotions, memories, and meaning with integrity and gentleness.

The past is not a burden to bear but a mirror to observe, to understand, to reflect upon. The present becomes a laboratory, where insights and revelations emerge through dialogue, reflection, and careful attention. This is a space where the tremors beneath your surface are heard, where hesitation, contradiction, and curiosity are equally welcomed.

Reflective Dialogue sessions blend integrative therapeutic reflection, insight, and an analytical approach shaped by years of clinical practice and lived

inquiry. It meets the person where they are, inviting a deeper look into the stories, patterns, and images that quietly guide life. They are grounded in the belief that awareness itself transforms, that meaning emerges not from fixing, but from witnessing and understanding. Reflective Dialogue is not advice-giving or goal-setting. It is a space of rigorous listening, where words, silences, and emotional textures become material for insight.

These sessions are suitable for those who wish to engage in ongoing, reflective work: exploring inner life, transitions, liminal spaces, synchronicities and the wider sense of purpose that moves beneath everyday experience.

Developmental Guidance

Once understanding has been cultivated, it finds its companion in action. Developmental Guidance channels the discoveries of Reflective Dialogue into forward movement. These sessions are about applying insight to your life, shaping choices, and designing your path with intentionality. They honour the past without dwelling there, and they nurture your capacity to act with clarity and purpose.

Whether it is navigating career decisions, creative projects, or personal growth, this guidance transforms knowledge into practice, reflection into impact, and awareness into transformation. These sessions are for artists, writers, academics, and practitioners who sense that their next step requires more than strategy; for the ones who recognise that development is an inner movement as much as an outer one; and for all the ones who have decided that focusing on their future is now their priority. For those whose work and life are deeply intertwined, Developmental Guidance offers a reflective space to refine both the personal and the professional. It is where creative purpose, intellectual curiosity, and lived experience converge.

Neither therapy nor conventional coaching, this work unfolds through dialogue, inquiry, and reflective exercises that bring structure to intuition and imagination to planning. We examine direction, values, and creative process through a phenomenological and Jungian lens, tracing the line between your vision and its manifestation in the world. Developmental Guidance supports the emergence of coherence and integrity between who you are, what you do, and what your work is trying to become.

The Dialogue Between Reflection and Action

These two strands are not separate tracks; they flow together, supporting and amplifying one another. Reflection deepens action; action illuminates reflection. Each session is alive to what emerges, responding to the subtle cues of your journey, while always adhering to ethical frameworks (BACP, NCPS) that ensure integrity, safety, and professional accountability. The work is personal, co-created, and adaptive: it honours your pace, your readiness, and the wisdom that surfaces from within.

Commitment, Engagement, and the Journey

Participation in these Transformational Conversations requires engagement and commitment. Reflection is not passive; it is cultivated through journaling, exercises, and the willingness to meet yourself fully in the space of the session. This is a shared journey: you bring attention, presence, and honesty, and together we navigate the terrain of growth and insight. The work is at once intimate and expansive, practical and profoundly transformative.

Outcome

By the end of this journey, participants emerge with a heightened awareness of their own patterns, a deeper understanding of what drives them, and a grounded sense of direction. Insight meets action; reflection becomes lived experience. These conversations are not just sessions; they are invitations to embody the transformation you have discovered, to navigate life with clarity, authenticity, and courage.

Both Conversations are available to students at a discounted rate.

FEES for transformational conversations

	60'	90'
reflective dialogues + developmental guidance		
single / emergency session	£75	£100
recurring / weekly	£50	£75
10 x sessions package	£450	
literary practice – the reading room		
recurring [series of 17 sessions]		£90
pls see the specific addendum re. fees and costs		
engaged supervision		
single / top-up / emergency session	£90	£120
recurring / monthly [as BACP requirement]		£90
6 x sessions package		£450
couples' sessions		
single / emergency session	£120	£160
recurring / weekly	£80	£120
10 x sessions package	£720	
Enquire re. workshops and visiting lectures		