



Iris Holistic Counseling Services



Astrology, Tarot all lighten up in counseling

July 7, 2006

Do you have questions about a relationship, new job, life transition, life purpose or spirituality? Sometimes, you may need the services of someone who is proficient in a wide variety of therapies to assist you with an answer. Donna Fisher-Jackson has a masters' in counseling psychology, is a registered Marriage & Family Therapist intern as well as a certified Astrological Counselor and a Tarot reader, and you get many angles on your question from her! Using her unique blend of intuitive and credentialed knowledge, she may investigate elements from your astrological chart, the energy of a Tarot card, the enneagram or her MFT therapy tools to assist you to find your true self. I asked her a few questions so we might get to know her better:



What was the focal point that started you investigating psychology, astrology and Tarot?

Back in Massachusetts, I went through career burnout in public relations for a performing arts center. I loved the work, but I allowed the job to take over my life. Looking back now, I realized it was an early mid-life crisis that sent me on a spiritual quest. At the time, I wouldn't have called myself spiritual, but I began reading books on Hinduism, Buddhism, Christianity, and New Age subjects. I also began a yoga practice, which became very healing and meditative for me. I joined my first Artist's Way group based on Julia Cameron's well-known creative recovery book, and read books on psychology such as "Passages" by Gail Sheehy to get a better understanding of what I was going through. Gail's book gave me a map of the different stages of adult life. At this time of need, I was given two gifts - a book on Western Astrology, and a deck of the Mythic Tarot cards designed by the Jungian psychotherapist, Juliet Sharman-Burke, and the astrologer, Liz Greene. The timing and those gifts led me on a journey of interweaving the two together to create a business called Intuitive Iris Holistic Counseling Services. This is what I have been doing for the past seven years along with getting my master's in Counseling Psychology from John F. Kennedy University.

You are now working as an intern with Emily Whiteside in psychotherapy - what kind of tools will you use in your practice?

I am very excited about this opportunity working with Emily Whiteside, a Licensed Social Worker



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who has specialized in Jungian Sandplay Therapy for the past 25 years in Nevada City. Under her supervision, I see adults and children for individual and group therapy. I use my intuitive gifts as I work with the tools of Dreamwork, Sandplay therapy, Archetypes, Shadow work, and the Enneagram Personality Type System.

Most of my tools are based in Jungian psychology, which focuses on the goal of helping the individual to connect with their whole self. In my work, I specialize in life transitions such as divorce, moving, career changes, and midlife issues.

I also enjoy working with people dealing with relationship issues, creativity, spirituality, and vocation/life purpose choices. In addition, I facilitate a Dream Circle, a support group for women to work deeply with their dreams. In this sacred circle, we explore the mystical language of symbols, and learn how to use dreams as a tool for self-discovery and personal growth.

How has your intuition served you, and how do you use it in your work?

Over the years, I have developed my intuitive skills, which means being more aware of the subtle realms such as the unspoken words and deeper feelings beneath the surface. I feel like all of us can tap into our intuition. It takes practice, and learning to hear, feel or sense and then trust your intuitive voice. With clients, I act as a guide to help them get in touch with their own intuition, and to trust what their inner guidance is telling them. I have used these tools in my Iris Holistic Counseling Service business, and in my work as a Marriage & Family Therapist intern.

What are the benefits a client receives from your work?

In my counseling work, I provide a sacred and safe space where the person can heal and find answers through exploring new tools to help them break through limiting patterns. As we go through life, we take on defenses that help us cope with life, but they can also limit us from expressing our whole being. It is like peeling away the layers of an onion to uncover who we have been all along since the beginning.

What do you receive from the work you do?

I feel so fortunate to be able to work at what I love to do. I really enjoy helping people heal themselves. It is my way of giving back to others for all that I learned through my life transitions. Like Carl Jung has written, soul work is an alchemical process, and it really is like discovering gold when you are able to help someone discover their whole being. So, in many ways, I feel like the lucky one who gets to discover gold in Nevada City/Grass Valley through my counseling work.

Donna can be reached at Fleur de Lis Counseling Service at (530) 265-8261. The Dream Circle group



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will be held on Wednesdays for six weeks beginning on July 19 through Aug. 23.

Suzie Daggett is the publisher of the INSIGHT Directory of Healing Arts Practitioners; (530) 265-9255, www.insightdirectory.com. Look for the eighth Edition of INSIGHT, now available at many local outlets.