

What Is Logosynthesis®?

Feel calm, clear, and in control — without having to re-live the past.

If you've done your fair share of talking, journaling, and coping, and something still feels stuck... you're not alone.

Logosynthesis is a guided process that helps you release the emotional charge behind the thoughts, memories, and patterns that hijack your present.

It's gentle, fast, and surprisingly powerful - and no, you don't need to tell your whole life story to get results.

What It Helps With

- Overthinking or inner criticism
- Repeating painful patterns in relationships or at work
- Limiting beliefs that you just can't seem to shift
- Emotional flashbacks or feeling hijacked by the past
- Deep tiredness or 'freeze' after years of coping
- Blocks to taking action (even if you "know better")
- Feeling stuck or trapped with no logical reason
- Inner child work

How It Works

Logosynthesis is based on the idea that part of your energy gets "stuck" in unprocessed memories, beliefs, or fantasies.

I guide you through a short set of sentences, tailor made for you, that help you retrieve that energy and bring it back into the here and now.

It's not affirmations. It's not talking it out. But it works - gently and deeply.

What People Say

- "I felt calm for the first time in years – in one session."
- "I didn't react the way I usually do, and I didn't even try!"
- "It's like a pressure valve slowly releasing."
- "I never thought it was possible..."
- "Wow!"

How This Is Different

Everyone comes to this work with different experiences. Here's how Logosynthesis is different:

If you've done therapy...

Traditional therapy often works by building insight, exploring patterns, and processing emotions over time.

Raya Williams BSc (Psychology and Counselling) MSc (Psychology), Certified Practitioner - Logosynthesis
International Association (LIA)

Logosynthesis is different - it helps your system release the energy stuck in painful memories, thoughts, or beliefs, using simple, guided sentences or phrases. You don't need to relive the past or talk through every detail. The shift happens as your energy returns to the present and begins to flow again.

If you've worked with a coach...

Coaching focuses on mindset, goals, and taking action. That's powerful - but sometimes, even with the best tools, you hit resistance.

Logosynthesis goes deeper - it helps dissolve the emotional or energetic blocks underneath that resistance, so clarity and action come naturally rather than you having to push hard for the change you want.

If this is your first step into inner work...

You don't need to know anything about therapy or coaching to benefit from using Logosynthesis. You don't even need to believe it works – it still does. If there's a thought, feeling, or reaction that's getting in your way - something that feels "too much" or "too stuck" – Allow me to guide you through a calm, simple process that helps your system let go of the stress and pain behind it.

A Personal Note

I use Logosynthesis myself, and I've been amazed how often it helps me feel calm and grounded when I'm overwhelmed or react badly. I've seen the same quiet but powerful shifts in my clients over and over - even when nothing else seemed to work.

What Happens in a Session?

You bring a specific issue - something you want to feel different about.

I guide you through a few short, precise sentences. You simply repeat them and notice what happens. Most people feel a shift - like the pressure lifting or their mind quieting - right there in the session.

Common Questions

Will I have to talk about everything?

No. We'll discuss the issue briefly, but you don't have to retell or relive painful experiences.

Is it safe if I've had trauma?

Yes. It's a gentle method. I'll guide the pace, and you only go where you want to and work on what your system is ready for. I am trauma informed and will always focus on safety rather than getting a result.

Will I feel something?

Probably. Typical responses include tingling throughout the body, cold shivers, feeling hot, feeling slightly nauseous or dizzy. These are all mild reactions and are signs that your energy is beginning to flow again. Equally, you may feel nothing at all, and that's OK too. You will also notice what happens to the issue you are working with. You may realise something or have a sudden flash of insight into it. You'll feel better. This is the usual Logosynthesis process.

What if I get emotional?

Occasionally people do, it's usually brief and experienced as a relief.

What if nothing happens?

Some people feel a shift right away; others notice it over the next day or two after a session as they encounter people and situations that are normally triggering. Either way, you'll know something happened.

Is this some 'woo woo' nonsense?

No. Logosynthesis is an established integrative model for healing, development and guided change that is about 20 years old. It works because it works with the whole person and integrates the most positive aspects of traditional therapy with principles of energy work. Everything is energy – including your stress or emotional pain.

It's a different way of thinking.

Want to Try It?

- **Book a 30 min Discovery Call** - Find out how Logosynthesis can help you
- **Book a 90 min Session** - If you're ready to work on something right now
- **Ask me a question** - Is there something you need to know?
- **Visit my website** - More info, **books** and **client testimonials**