

## What clients saying about Sam & Evolved Therapy:

"I am very grateful that Sam was able to hold space for me at a time that I was psychologically at a very low point. Since the day I spoke to Sam, I felt like I began to rehabilitate my psychological, emotional, and spiritual health with her extremely empathetic ability to hear me, validate me and push me in the right directions for me, which she continues to do so as we continue to meet".

- Clare, Evolved Therapies Client



Sam Nugent

Evolved Therapy - Leave Feeling Better

SamNugent.com

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Mental Health  
has  
**EVOLVED**

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**0478 626 166**

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## About Sam

Sam has spent over 17 years supporting clients in their unique healing journeys.

Sam learned that her clients needed more than clinical expertise. What resonated strongly with her clients, was her ability to look beyond labels and diagnoses, and hold space to hear how they uniquely experienced their diagnoses and how their lives were impacted. Sam partnered with her clients to create a plan that worked by supporting their personal needs, healing, and life demands first and foremost.

It was those collaborative, client centred plans that got the results, her employers demanded.

To look beyond diagnoses and labels, Sam gained additional experience in her life long interests in complimentary and holistic therapies. Combining the clinical, with the complimentary and holistic was the perfect hybrid of science and soul.

The addition of the real world humanity and empathy from surviving traumas and lived experience was the final piece in how evolved therapy was created.

A comprehensive tool chest of evidence based clinical, and holistic skills combined with the empathy that only comes from lived experience.

Sam is survivor of:

Childhood Trauma and Sexual Abuse. Bereavement. Domestic Violence. Financial Distress & Homelessness. Career Transition. Overcoming Food Addiction and a personal, non-surgical weight loss of over 70kg defeating Type 2 Diabetes. Sam is now facing her latest challenge of managing her own autoimmune condition, multiple sclerosis drawing on her clinical and neuro-rehabilitation experience.

As a Clinician & Therapist, Sam's qualifications include: A Bachelor's Degree with a Double Major in Psychology. A Masters in Human Services in Rehabilitation Counselling. A post graduate Diploma in Holistic Counselling and 12 months of ongoing studies in shamanic practice.

## Evolved Therapy based on Clinical, Holistic & Lived Experience

Family & Relationship Issues.  
Escaping Domestic Violence.  
Divorce.  
Financial Distress & Homelessness.  
Childhood Trauma.  
Overcoming Addiction.  
Sexual Assault & Abuse.  
Bereavement.  
Overcoming Workplace Bullying.  
Career Transition & Return to Work.  
Navigating Insurance & Government Systems.  
Weight Loss. Feminine Identity & Women's Issues.  
Otherhood & Purposeful Nurturing.  
Managing Autoimmune & Chronic Health Conditions.

## Flexible & Accessible Session Options

15-30 minutes - \$50.00

45 - 60 minutes - \$80.00

90 - 120 minutes - \$160.00

Rescheduling should never be time pressured.  
You Deserve Time to Rest, Think, & Process Sessions.  
Reschedule whenever you next feel ready.

## Flexible & Accessible Delivery Options

In person at a cafe or mutually agreed location.  
Face to Face Online.  
Phone / Audio Online.

## Flexible and Accessible Payment Options

Cash.  
Card.  
Bank Deposit.  
Bitcoin.

Therapy & Support should not cause financial stress -  
Payment Plans Available.

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