

Malai Sontheimer



Malai Sontheimer is a qualified acupuncturist and counsellor with 20 years experience. Her 15 year old son is autistic. Malai has used many different approaches and therapies for Oliver as well as in her work with others.

In addition to running an Option Son-Rise programme for 7 years, she has worked intensively with Donna Williams, autistic consultant and author, for over 5 years.

She has fought successfully over many years for the right education for her son.

She works with parents and carers, individually and in groups.

Her work involves parents of people with a wide variety of different disabilities on a short and on a long term basis.

" My son has severe Cerebral Palsy. When I have been really stuck with a problem Malai has not only helped me emotionally. With her I have found real ways of helping him.

She brings a wealth of experience of techniques and solutions from all over the world to her work."

Sue Pringle, mother and lecturer

Malai is also available for phone or e-mail consultations if you live further afield.



Malai's son
Oliver.

Special Needs Counselling

MALAI SONTHEIMER
BAc MB AcC Dip Psychosynthesis

Practising at:

The Family Practice
116 Gloucester Road
(next to Tesco and Somerfield)
Bristol BS7 8NL
and
20 Stanbury Road
Victoria Park
Bristol BS3 4QG

Tel: 0117 9537219
Mobile: 07762 551084
malai@blueyonder.co.uk

Special Needs Counselling

For parents, carers, family and friends of children and adults with special needs.

Having a special person in our life is a unique and deeply challenging experience. It confronts us with a wide variety of issues. The needs of a special person are often so great and overwhelming that we don't allow time for ourselves.

Seeing a counsellor can often be one of the most effective ways of helping ourselves and thus our special needs child or adult. Exploring the thoughts and feelings this situation brings up will help us to find more clarity and peace. This in turn makes us more creative and effective helpers.

Every situation will be very different and individual and probably very demanding. Support from a counsellor can make all the difference in how well we handle our situation.

Someone who is outside our life and not personally involved can help us with:

Finding the strength to cope.

Accepting ourselves with all the different thoughts and feelings that having a special person in our life evokes.

Accepting our child or adult with all their different behaviours.

Facing Problems.

Letting go of judgements.

Exploring ways to care for ourselves and other family members, especially siblings.

Seeing things from a different perspective.

Finding out what our special person teaches us.

Finding our own way forward.

Finding practical solutions.

Facing the future.

Keeping hope alive.