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About Me

Based in the Surrey Hills with 30 years experience, I am a fully qualified Christian Therapist and Minister of Prayer, Healing & Deliverance. I am also responsible for developing Counselling Ministry's pastoral care, research and training portfolio.

As a Vicar's daughter in the Anglican Church, I have carried and developed the spiritual gifts of seer and prophecy. I have completed extensive discipleship training and qualifications in counselling, theology and religious studies. Currently I am studying Greek mythology, English literature and religious cosmology from a psychological perspective, because history records how human sufferings were once named. Concepts that have been lost over time, once rediscovered, help inform more targeted therapeutic outcomes.

Covenantal Integration Therapy

At Counselling Ministry, I provide a gentle, warm, and supportive environment through my unique approach, Covenantal Integration Therapy (CIT). This is a Christ-centred mediated approach to healing and deliverance, suitable for both adults and young people, regardless of religious beliefs and practice. My aim is to help clients become more self-aware and empower them to experience God's healing and transformation for themselves.

Drawing from a rich blend of experience, practice, and research, CIT delivers prayer ministry for the healing of emotional, mental, physical, or spiritual challenges. My methodology is grounded in sciences and social-behavioural studies, interwoven with timeless theological concepts of covenantal laws and religious cosmology that span cultures and history. These integrations create a dynamic therapeutic environment, enabling real change.

Digging Deeper

For example, we sometimes create personal oaths and promises, sometimes subconsciously in times of stress and trauma to people, belief systems and worldviews. These bonds can have negative effects in our lives, sometimes inadvertently passed down generations. Such oaths originally serve as coping mechanisms. However, these commitments, which the bible calls covenants, often tie us to vices such as food or alcohol, escapism, alter mindsets or create co-dependency. Unfortunately, these negative behavioural cycles persist and create alternate presenting symptoms that obscure root causes, without fully understanding why.

Examples

CIT is designed to address issues like depression, PTSD, mental health challenges, physical illnesses, grief, learning difficulties, addictions, loneliness, anxiety, or intrusive thoughts. While medication manages or reduces symptoms, CIT quickly identifies root causes; saving what would otherwise be long waiting times, for secular or standard health appointments. As mental health provision struggles with continued overdemand, CIT stands as a timely and welcome alternative to remaining stuck, powerless and out of control of your life.

Sessions

In practice, clients are warmly encouraged to share their feelings and experiences, creating opportunities for prophetic insights that help uncover underlying causes.

While we acknowledge that revisiting past or traumatic events in therapy can be challenging however sessions are tailored and deliverance ministry will often bring immediate relief.

Clients are encouraged to keep a journal, to record the way in which God authors their healing and pathway to restoration.

For more information about individual therapy, pricing and availability please email me at:

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To access our other online recourses or for public or general ministry enquiries email Jason:

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