

Private Artist Counseling

With BEA1991

I elicit the "Pinnacle Creative" residing within: equipping artists of all kinds to align internally. I help them understand the creative landscape they're feeling, thinking and acting from. This is different from brainstorming sessions that are focused to maximise the output of ideas, or conversations that look at the aesthetic/quality of the individual's work.

In my sessions, persistent curiosity is centralised and utilised to unmask assumed limitations, de-mystify any lived experiences for the artist, and examine internalised defaults that are working overtime or without good reason; blurring their focus and precious autonomy.

My counselor skills are firmly rooted in intuitive observation, CEFT practises (creative emotional focus therapy), Jungian dream analysis, radical curiosity, and in providing true interpersonal safety to always come back to.

I've worked creatively for international partners like Axel Arigato, Blood Orange, the Sandberg Institute, Threes Productions and Fondazione Elpis, CARRÉ, the London Contemporary Orchestra, Natalia Lacunza, Amnesia Scanner, Sega Bodega and NTS, and as a private counselor for ventures like Channel 5 (Andrew Callaghan), ECCO, Potatohead Bali and Because Music -- among a myriad of developing and established musicians, therapists, yogis, film directors, CEO's,

students, teachers and beyond.

I will help you..

- * understand your own creativity
- * de-mystify the funky feelings
- * prioritise curiosity
- * befriend your true interests
- * swap judgement with excitement
- * embark on a novel project
- * diversify your practise
- * gain psychological flexibility
- * unearth assumed truths about yourself
- * deepen your intentions
- * if it's time, transition career
- * tailor tools to use in the future
- * reach into layers what AI can't (yet)
- * start creating **for yourself**

Curious about my services, but not sure what to expect?

Book a free introductory call through the Calendly link on my counseling page or get in touch at bea@bea1991.com.

I meet you where you are.