



More than a feeling ... author and counsellor Tricia Brennan.

Picture: JOHN FOTIADIS

Senses work overtime too

Tricia Brennan is busy pursuing a new path of intuitive counselling

Instinct led Tricia Brennan to become an intuitive counsellor. Despite a successful career as an art director in the film and advertising industry, a nagging feeling told her she was not on the right path. "When I was working as an art director people would open up to me and they didn't know why. I'd give them advice, but it started getting ridiculous. I'd be sitting in a restaurant at 2am with staff putting all the chairs up around us," she says.

"I knew I had to do something about it. I invited a few people to come and sit with me in a more formal situation. I was very nervous, but they were very supportive."

Brennan says she has clairaudient, clair-sentient and clairvoyant abilities, which means she can hear, sense and see people's strengths and weaknesses, and identify factors contributing to personal limitations.

She conducts sessions one-on-one or in group situations, and also gives presentations on her field of work. She has also published a book, *Looking Beyond The Mirror*, and is working on her autobiography.

Brennan says although intuitive counselling can help people who are feeling lost or lacking self confidence, she also works with people to build on personal strength and give them a clearer sense of direction in their lives.

She says she has dealt with her fair share of sceptics in her unconventional line of work.

"It's one thing to go to a cocktail party and say you're an art director, but another thing altogether to say you do something like I do," Brennan says.

"It took me years to even come up with a title that I thought clearly reflects what I do."

While Brennan is comfortable in describing her work as spiritual, she avoids defining herself as "psychic".

"I don't like being referred to as a psychic because even though it is similar to what I'm doing, I don't do predictive readings and I think it has connotations that don't truly reflect what I do," she says.

Often her most sceptical clients end up being her most enthusiastic, she says.

"I've had a lot of sceptics or academics come to see me," she says. "They're usually sent by their family and I tell them 'I'll give you 10 minutes of my time and if you're not interested after that, that's fine, I won't charge you'. Often they'll stay a couple of hours."

But Brennan says the increasing popularity of terms such as "emotional intelligence" in the recruitment industry has had an impact on people accepting her unorthodox career path.

"Terms such as emotional intelligence have come out over the past few years and they have made a difference in the sense that people who wouldn't normally be interested are starting to listen," she says.

AIMEE BROWN