



Mediumship Matters

Podcast Transcripts

Spirit Social Meet The Creators Edition

Season 8, Episode 2

Guest: Laura Hughes — Laura Hughes Therapies

Episode Overview

In this episode of Mediumship Matters, Hannah Macintyre is joined by Laura Hughes, counsellor, Reiki Master, creative therapist, and spiritual practitioner behind Laura Hughes Therapies. Laura shares her journey from traditional counselling into holistic and creative healing, exploring how energy work, art, intuition, and compassion intersect to support emotional and spiritual wellbeing.

This conversation is gentle, honest, and grounding — perfect for anyone curious about combining therapeutic and spiritual approaches to healing.

This episode is part of the Spirit Social: Meet the Creator Series, highlighting creators offering their work within the Spirit Social community.

Transcript (Edited for Accessibility & SEO)

Editing note: This transcript has been lightly edited for clarity, accessibility, and readability while keeping the original meaning, tone, and conversational flow.

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters with me, Hannah Macintyre.

Today I'm joined by another creator from the Spirit Social community. I'm really pleased to welcome Laura Hughes of Laura Hughes Therapies. Laura, thank you for being here.

Laura Hughes: Thank you so much for having me, Hannah. I'm really excited to be here.

Laura's Background and Journey

Hannah: For anyone who hasn't come across you yet, can you tell us a little about who you are and what you do?

Laura: Of course. I'm a qualified counsellor, a Reiki Master, and a creative therapist. I work with people who are experiencing anxiety, grief, trauma, stress, or feeling stuck emotionally or spiritually.

I blend traditional counselling with energy work and creativity — things like art, intuition, and gentle somatic awareness — to help people feel safer, calmer, and more connected to themselves.

Hannah:

Was this always the path for you?

Laura:

Not at all. I actually started out very much in the counselling world. I was drawn to helping people, listening deeply, and holding space — but over time I realised that talk therapy alone wasn't always enough.

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People carry things in their bodies, their nervous systems, and their energy. I could feel there was more available, and that's what led me to Reiki and creative therapies.

Counselling Meets Energy Work

Hannah:

Some people see counselling and spiritual work as very separate worlds. How do they come together for you?

Laura:

For me, they complement each other beautifully. Counselling gives structure, safety, and understanding. Reiki and energy work help soothe the nervous system and release what words can't always reach.

I don't force anything. Each session is led by what the client needs in that moment. Sometimes we talk. Sometimes we work with energy. Sometimes we use creativity to express something that feels too big or too complicated to say out loud.

Hannah:

That's such an important point — meeting people where they are.

Creative Therapy and Expression

Hannah:

You also work creatively — art, imagery, intuitive expression. How does that help people heal?

Laura:

Creativity bypasses the logical mind. When someone draws, paints, writes, or moves intuitively, it allows deeper emotions to surface gently.

Many people say, "I'm not creative," but it's not about being good at art — it's about expression. Creativity gives the inner child a voice and helps people reconnect with parts of themselves that may have gone quiet for a long time.

Reiki and Remote Healing

Hannah:

You offer Reiki both in person and remotely. How do people respond to remote sessions?

Laura:

People are often surprised by how powerful they are. Energy isn't limited by distance. Many clients feel just as relaxed, supported, and emotionally shifted from remote Reiki as they do in person.

What matters most is intention, presence, and safety. When those are in place, healing can happen anywhere.

Holding Space and Boundaries

Hannah:

You give so much to others. How do you look after yourself?

Laura:

That's something I've had to learn. I prioritise grounding, rest, and creative time for myself. I also keep clear boundaries — emotionally and energetically.

You can't pour from an empty cup. Self-care isn't optional in this work — it's essential.

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Being Part of Spirit Social

Hannah:

You're part of the Spirit Social community. What does that space mean to you?

Laura:

It feels safe, supportive, and genuine. It's a place where spiritual practitioners can show up authentically, without noise or pressure. I love being able to connect with people who are truly interested in growth and healing.

Final Thoughts

Hannah:

If someone listening feels anxious, overwhelmed, or disconnected right now, what would you like them to hear?

Laura:

You don't have to do it all at once. Healing can be gentle. It starts with permission — permission to rest, to feel, and to be supported.

Hannah:

That's a beautiful place to end. Thank you so much for joining me today, Laura.

Laura:

Thank you, Hannah. It's been lovely.

Where to Find Laura

Laura Hughes is available on Spirit Social under Laura Hughes Therapies and online at laurahughestherapies.co.uk.

SEO Keywords

Mediumship Matters, Hannah Macintyre, Laura Hughes, Laura Hughes Therapies, Spirit Social, Spirit Social creators, counselling and Reiki, creative therapy, energy healing, holistic counselling, emotional healing, spiritual wellbeing, anxiety support, grief support, trauma-informed therapy.