

# The Road We're On

Grow personally and professionally

Expression of emotion & needs

Appreciation Of Diversity

Formative Story, Integration

Power & Responsibility

Self Awareness & Regulation

Creativity

Assessment

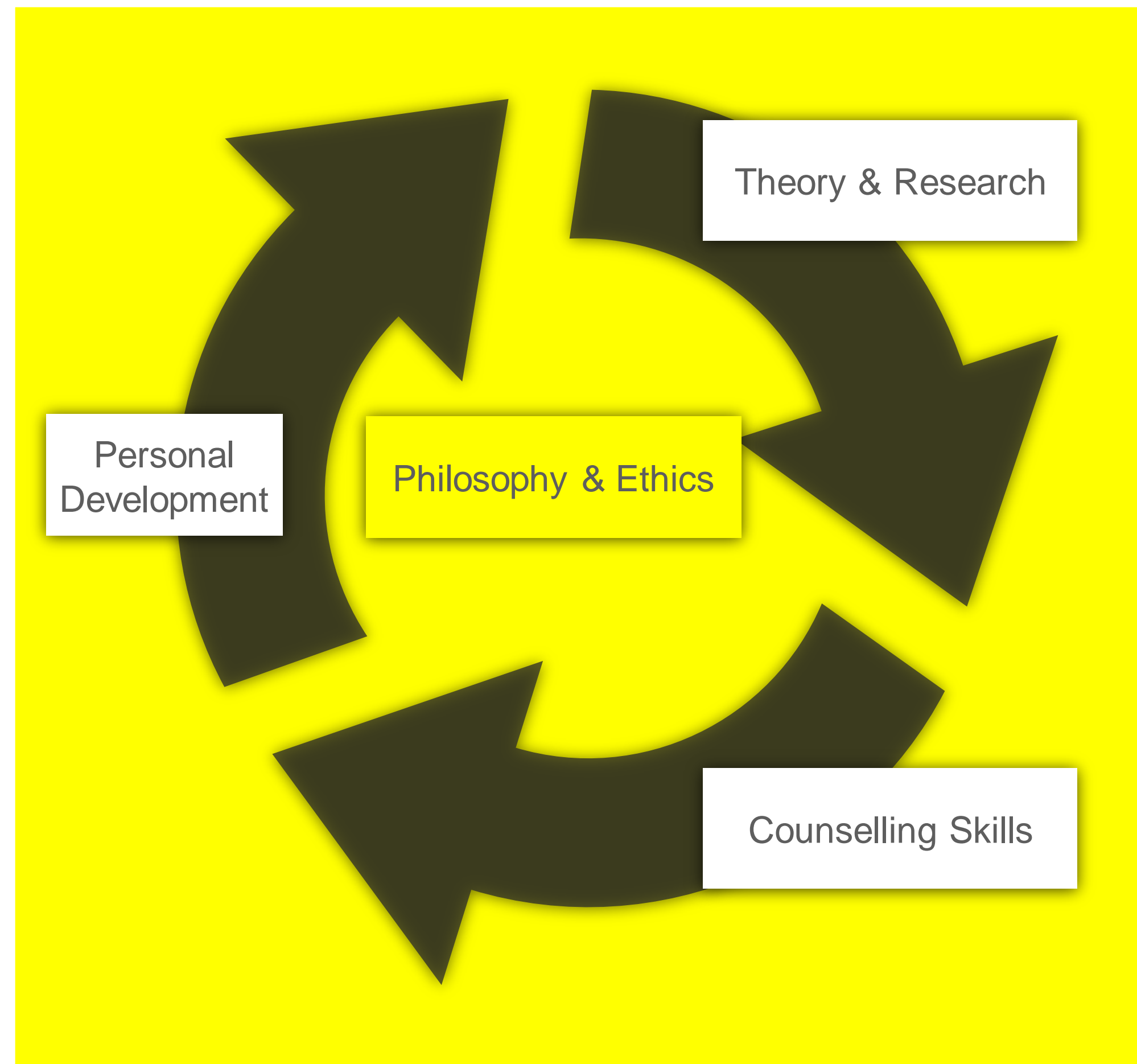
Giving & Receiving Feedback

Relational Dev, Attachment

Contact & Blocks & Repair

Therapeutic Presence

on an integrated learning journey



to relating therapeutically with clients about

Crisis, Suicide

Abuse & Abusive Systems

Gender & Sexuality

Identity & Meaning

Guilt & Shame

Anxiety & Depression

Bereavement, Loss, Endings

Trauma (Acute, Complex, Dev)

Relationship

Conflict & Anger & Rage

Spirituality

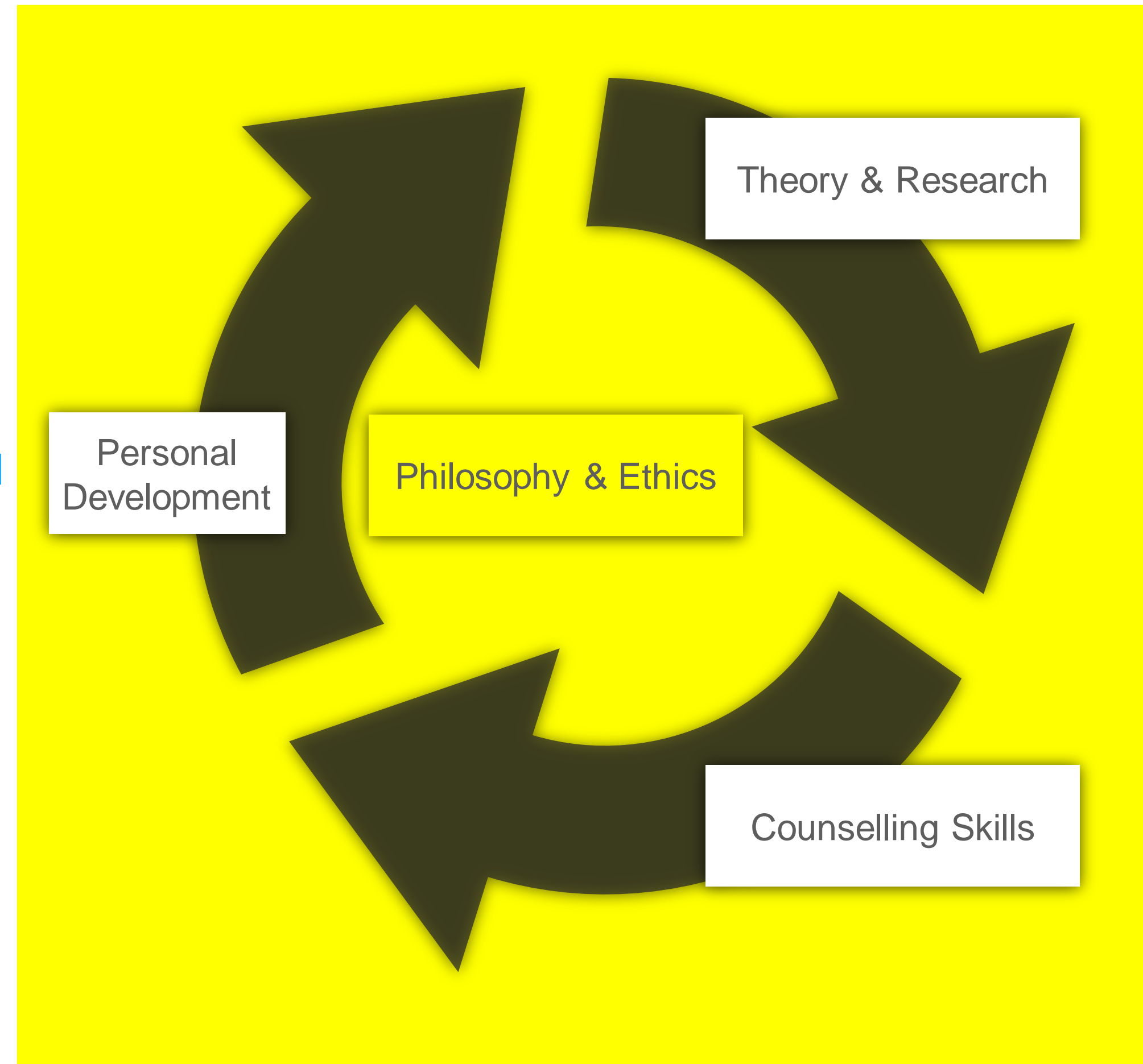
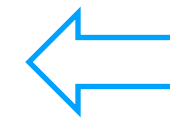
# Humanistic Integrative – A Way Of Being

Formative story and choice for counselling

Personal Process as the workings of thought, emotion, sensation, connection, motivation, formative experiences and personality, sense of identity, soul – unique to the individual and increasingly brought to awareness through reflection and feedback.

Personal Development as a move towards Responsibility, Competence, Autonomy, Interdependence, Internal Supervision, Self Aware.

Relational Development as a unique and effective way of building relationships with others leading to your personal theory of therapeutic relationship and counselling



Person Centered, Gestalt, Existential as three essential and integrated pillars. Other approaches, perspectives, models, insights and tools as enrichments, not replacements.



Understanding of human nature, healing, development and what's constructive and destructive / dysfunctional



Client Work, Case Study, Supervision

Why are you choosing this? Why do you want to be a counsellor of this conviction?

