

Integrative Counselling

The Theory

Over time some therapists have decided that they like some, but not all, aspects of one counselling model, and other aspects, but not all, of another counselling model. This has given rise to the more recent models of integration, which attempt to unite different aspects of individual models. Integrative counselling allows the therapist to explore a clients experience from a variety of different theoretical perspectives.

The Therapy

An integrative counsellor embraces the fluidity of counselling practice, client need and their own change in respect of their continuing personal and professional development. An integrative counsellor will work with your experience and apply the appropriate theory and technique to suit you therapeutically because what works with one client won't necessarily work with another!