

Balanced Life Counselling Therapeutic Approach

You (the client) have chosen your partner (the counsellor/me) on this trip based on a small amount of information (perhaps via a referral or a website/leaflet). You may have no idea of what your goal or destination is, but you know you are unclear on how to move forwards. As you start your journey, you may be feeling extremely anxious. This person is a stranger, you don't know anything about them, but yet they are learning lots about you. As the journey commences, I will endeavour to create the right environment for you to relax and for the therapeutic relationship to develop. This will include a warm, caring, safe and secure environment, free from judgements, where you can be yourself and you will be listened to fully.

This is your time just for you.

Throughout the journey, you will maintain control of the steering wheel and the final destination, as you alone are the only one who can effect any change and therefore remain firmly in control at all times. I will use my tools and techniques as a map to help you explore your direction in more detail. During the trip you may well take detours to places that you didn't know that you needed to visit. At some points I may challenge you to think about different routes that you could take, or perhaps a final destination that you may not have considered.

At times there may be road works that cause you to stop, or you may lose sight of where you are going. I will support you to stay on the road and focus your attention, I won't direct you or give you the answers, but I will be beside you as you explore the different scenery either from your past travels, your current location or the roads ahead.

At the end of the therapeutic journey, you may be where you expected, or somewhere completely different, but along the way you will have been supported, listened to and cared for, and you will feel empowered with the tools and maps that you have learnt along the way that you can continue to use for the rest of your life on your future travels.

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