

Counselling and Creativity

At counselling coventry, one of our specialisms is that we can and often work creatively with clients, using sand tray, props, objects, various art and media forms, body movement expression/ resources - along with the more 'traditional' aspects of counselling such as listening very carefully and developing the therapeutic relationship that is recognised as the core of empowering change in the client. We accept that not all clients will be open to that way of working and will be respectful and fully honour the needs and wishes of the client.

Perhaps more broadly, we recognise that the work of empowering clients is about enabling them to access their own creativity and creative resources in making the changes they wish to gain in their lives perhaps both generally and specifically in resolving what troubles them at the time.