

What is the difference between a counsellor and a psychotherapeutic counsellor?

As a qualified and experienced Registered Counsellor (MBACP), what I offer would be more accurately described as psychotherapeutic counselling and is humanistic and integrative in orientation.

The UK Council for Psychotherapy (UKCP) states that: "As its name suggests, psychotherapeutic counselling is a type of counselling that draws from theories and approaches used in psychotherapy" ([Click Here](#)).

Psychotherapeutic Counselling, has been distinguished from traditional counselling by its emphasis on the co-creation of an in-depth therapeutic relationship; wherein the suffering human being is viewed holistically, body, mind and soul and in the context of a concrete life situation and developmental stage. In short, it means being able to work at depth emotionally and psychologically with clients.

I describe my practice in counselling as psychotherapeutic, and humanistic and integrative in orientation. Humanistic simply means that I work with you as a whole human being, a person, a person who we believe has the positive human potential to improve their life and living should they wish or want to. Integrative means that I integrate, as appropriate, various techniques, skills etc from a range of counselling and psychotherapeutic approaches, but my overall approach is influenced largely by Humanistic and particularly Gestalt Psychotherapy

I see the therapeutic relationship as crucial for healing and growth. It is important to me that I offer a relationship that is non-judgmental, respectful and safe with clear professional boundaries. I see both support and challenge as essential parts of a therapy relationship. Therapy is a commitment, which requires courage and honesty from both client and therapist.

Often people seek therapy when they have got stuck in repetitive patterns of feelings, thoughts, body sensations and actions. Therapy is a process that enables clients to increase their awareness of these patterns and thus make their own choices about changes they want to make in their lives. As well as increasing awareness of the client's patterns, as a humanist integrative psychotherapeutic counsellor, I help create opportunities for clients to try out new ways of being in the world.