



Psychospiritual Counselling: 'know thyself'

The psychospiritual approach integrates psychological depth work and a holistic approach to spirituality, acknowledging both the shadow and the light. Known as the fourth force in therapy it utilises both traditional and leading edge knowledge seeing challenges as stepping stones to growth.

This process was probably the most profound and self-transformational process I have ever been through. It certainly changed my life for which I am deeply grateful and inspired me to become psychospiritual counsellor and trainer, so that I can give back the transformation I was guided through. What is so powerful about this process is the integration of psychology and spirituality, integrating all of who you are.

This is in-depth transformative work, bespoke to each client and the length of time is dependent upon your specific needs. It can be from 6 weeks to 1 year

Sessions: £40 per hour

Psychosynthesis is a method of psychological development and self-realization for those who refuse to remain the slave of their own inner phantasms or of external influences, who refuse to submit passively to the play of psychological forces which is going on within them, and who are determined to become the master of their own lives.

Roberto Assagioli

