



Our Core Values

- ❖ We recognise and encourage the unfolding of human potential in therapy, education and beyond.
- ❖ We encourage the potential of the individual in becoming more real, in touch with their core or true self, and internally connected.
- ❖ We respect the other's reality and ability to choose how to be and to act.
- ❖ For us, acceptance is prior to judgement and discrimination.
- ❖ We see experience as coming before skills, theoretical understanding and wisdom.
- ❖ In our relating, neither theory nor technique should impede an existential meeting.
- ❖ Truth is uncovered, perhaps created, by the relationship in therapy, not by the practitioner's theories.
- ❖ To honour these values requires the risk and struggle of wholehearted engagement.
- ❖ In our work we value a holistic approach that involves and links mind, body and spirit.
- ❖ We recognise the importance of spiritual and cultural sources and traditions as well as the teachings of counselling and psychotherapy.
- ❖ We wish to work compassionately with who ever seeks our help and will not exclude people on the basis of their race, colour, nationality, religion, marital status, sexual orientation, gender, class, age, HIV status, disability or having dependents.