



Integral practices for soulful, ecological living

Steve Thorp

support for individuals and couples



Integral soulful conversations

For individuals and couples, I offer deep, soulful conversations that focus in helping you find yourself, fulfil yourself and grow yourself in this troubled and beautiful world. This might look and feel like counselling, coaching, psychotherapy, spiritual companionship or all (or none) of the above! My face-to-face work now takes place at the St Davids Wellbeing Centre in Pembrokeshire, but I can also work via. Skype, Facetime and email support.

Climate minds

These days, I am particularly concerned in supporting individuals who are looking to respond – in whatever way – to the crisis of climate change, and related challenges. This might involve working to support you in your wellbeing, spirituality, creativity, activism, art – or a combination of all these. The climate crisis is a particular and unique trauma that we have never faced before, so it is not surprising that people find it difficult to respond to and live with. This might involve us in living well in the present, even if we cannot hold hope for the future.

Working with me

You might also complement your therapy or coaching with one or more of my e-courses, or to undertake creativity coaching which will help you develop your own creativity, imagination and artistic practices. I've worked to support a number of writers, artists and creative practitioners over the years. I also current edit **Unpsychology Magazine** which draws together activists and artists who are responding to the big social and ecological themes in the world today.

What else might you need to know?

I originally trained as a counsellor, and followed this up with an MSc in Integrative Psychotherapy. Since then, I have undertaken further professional training with Relate and the Spiritual Companions Trust. My own further professional development includes training and workshops in EMDR, Ecopsychology, Writing for Wellbeing, Integral Practice and Mindfulness – to name just a few.

How you can work with me

- We can meet face to face, in a room, on a beach or coast path, in the quiet corner or alcove of a public space or on a walk.
- We can meet virtually or ‘voice-to-voice’ through Skype, telephone or FaceTime.
- As a rule of thumb, we will meet in a place or context where there is mutual comfort, an appropriate degree of privacy and in an environment conducive to a soulful conversation.
- If you want to meet face to face, you can come to meet me in West Wales or at another mutually agreed place nearer to you.

What you can talk with me about

Anything you wish...

- Some people will talk about what troubles and pains – their ‘problems of living’.
- Some will want to talk about the sources of their pain, and how to move on from it.
- Some will talk about how to be authentically different, or how to be happy and engaged.
- Some will talk about their emotions, thoughts and actions.
- Some will talk of their anxiety and distress and the ecological and social problems in the world.
- You might choose to talk about your wellbeing – body, mind and soul – and how to improve it.
- You might come to talk about practical action and creative endeavours.
- You might choose to come to talk about loss, grief, death or bereavement.
- You might wish to tell (and hear) new stories about your life and world.
- You may wish to talk about your responses to climate change and other crises.

What we can explore together

- Connections and relationships; how you feel you fit (or not) in the world; your character and calling.
- Your remembered past, wished for future and mindful present.
- Your habits, passions and compulsions: how they help, you hold you back and tie you up!
- How you contemplate and savour the world; how you are creative and live a good life.
- Your developmental potentials, strengths, virtues, callings and shadows.
- What makes the world troubled and pained and how you respond to this.
- How you can make a difference through engaging with your calling, nature and deep character.

What we will agree upon

- We will agree whether we want to talk together, how often and for how long.
- We will agree about where we meet and the medium through which we’ll have our conversation.
- We will agree on how much you will pay for the conversations we are having.
- We will agree on the confidentiality and ethical framework we want to work within.

Our commitments

I will commit to supporting you openly, honestly, generously and wholeheartedly within the frameworks we agree upon for our conversations.

You will commit to respond openly, honestly, generously and wholeheartedly within the frameworks and boundaries we agree upon for our conversations.

I will commit to supporting myself with relevant supervision, peer support and training, so I am able to support you fully, and with engagement and resilience.

You will commit to support yourself by maintaining your physical and emotional wellbeing as far as you can during the time we meet together.

What else might you need to know?

- I've worked as a counsellor, helper and psychotherapist for 21 years. I've worked in private practice, workplaces, schools and GP surgeries and led groups.
- As a guide, for 2019 my hourly fees are negotiated around £65 for private individuals (£75 for couples). Block bookings, paid in advance are discounted. Sessions are usually an hour in length,
- I do offer some reduced fees for individuals on low incomes or who may not be able to afford the full fee. If you'd like to discuss this, please do ask!
- My cancellation policy is that I ask you to give me 48 hours notice (unless in exceptional circumstances). I charge a full fee for sessions that are not cancelled within that time frame.
- If we meet away from Pembrokeshire, then you'll pay my travel, subsistence and room hire.
- You can combine individual coaching work with one of my e-courses. Ask me about this, or see my website (www.21soul.co.uk) for currently available courses. I also run workshops at St Davids Wellbeing Centre in Pembrokeshire (see www.stdavidswellbeing.co.uk for current workshops and events).
- Fees for leadership coaching and organisational training work are negotiated around my consultancy rates. These are negotiated around £120 an hour for one-off sessions. Again blocks of work may attract a discount on these rates.
- I undertake regular supervision with my colleague and senior therapist, Michael Soth, and I am a Registered Member of the **British Association for Counselling and Psychotherapy**.
- I am a member of the **Spiritual Companions Trust** and the **Climate Psychology Alliance** and bring these dimensions to my work as a therapist.
- I am also a member of **Lapidus** – an organisation working with writing and wellbeing, and I can provide coaching and therapy using writing, poetry and other forms of creativity.

Contact me at steve@21soul.co.uk or phone 07949553029.

Finding individual support – a checklist

Finding the right counselling or therapy support as a individual or a couple can be difficult. There may be many counsellors, therapists or coaches operating in your area - but how do you know who is right for you?

Increasingly, regulatory organisations like BACP and UKCP, emphasise ‘registration’ or accreditation’ as a guarantee of quality and experience. However, this doesn’t always take into account the personal dimension, or the work of independent therapists, many of whom are very experienced, ethical practitioners who can add deeper dimensions to the therapeutic process.

Here’s some things you might like to consider when you’re thinking of seeking counselling, coaching or therapeutic support. Perhaps jot down your responses to these, and pick out some of the main themes to guide you in your choice of a therapist. If they offer a free session or phone call, then this might be a time to ask them to give you some responses to these themes. (Note: It might help you to read “An introductory guide to soulmaking” – which you can find free at my website: www.21soul.co.uk.)

Some questions to consider

- 1** Are you suffering from symptoms of anxiety, depression, compulsions, addictions or problems? Do you have a sense of what kind of therapeutic support might be helpful to you with these? What kind of questions would you like to ask a potential therapist about these?
- 2** Are the conversations you are hoping to have about past, present or future - or a combination of these? In other words, is this about looking at your life story, your hopes and fears for the future, or your ability to live in the present?
- 3** Is this about your relationships? If so, what are the main dynamics of the relational issues you are looking to talk about? If you could describe the issue in a couple of sentences, what would you write or say?
- 4** Is this about your calling, soul or purpose? How do you make sense of this in your life and work? How do you imagine you could be more fulfilled, connected and soulful? What do you imagine a coach or therapist could do to help you with this?
- 5** Is this about your connections with the world, meaning, existence and your wider ‘ecological self’. How do you make sense of what is wrong and ugly, or right and beautiful with the world? How do you respond creatively to the world? What support might you need with this important task?
- 6** What kind of person would you like to support you? Have you got a sense of their style, personality, experience, age, gender, background etc. Do you want to work face-to-face, or do you think you could work by Skype, phone or through a similar ‘virtual’ relationship.

If you’d like to talk through these questions further, I offer a FREE initial phone conversation to help people make a choice about their potential routes to therapy, coaching or counselling support. Contact me by email to set up a conversation at: steve@21soul.co.uk