

What is a Transpersonal Counsellor?

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In essence transpersonal counselling is a genuinely holistic practice concerned with the body, the mind and the spirit.

A transpersonal counsellor takes a holistic approach, viewing life and life experiences as part of the larger process of spiritual development.

A transpersonal counsellor can work in a variety of settings that may include government agencies, alcohol and drug centres, rehabilitation, community health centres, outreach services, residential services, refugee support services, youth centres and women's health centres, men's health services, schools, corrections and private practice.

Transpersonal counsellors are equipped with the skills and knowledge essential for counselling including: working with clients, life transformation, grief, loss, networking, risk management, occupational health and safety as well as matters specific to case management.

They work holistically with clients, using a client-centred methodology, facilitating the growth process through a variety of means aimed at revealing the true self and inner authenticity of the client.

