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integral practices for soulful and creative living

21soul

Steve Thorp

support for individuals



Creative coaching and integral therapy

21soul is a fresh and radical place for deep soul conversations; a place to, face both joy and pain and develop life practices for troubled times.

There are a number of ways that I can support individuals through **21soul**. You can find our more below.

Integral therapy and coaching

Counselling, psychotherapy, coaching and supervision are all essentially deep conversations within a helping relationship. I call these **soul conversations**. I trained as an Integrative Psychotherapist at **Metanoia Institute** in London; have **Relate** relationship therapy training, and am currently training with the **Spiritual Companions Trust**. I align myself with the **Ecopsychology** community in the UK, as well as running the **Soul Making** network and events.

I now describe myself as an **integral therapist**. My work is ethical, confidential and grounded in deep respect for the people I work with. My aim is to provide a conversation to help you in the here and now, and support you in living well in the future. This will mean something different for each individual.

There is a need for people to respond to the world in creative, soulful ways in this troubled twenty-first century. I work with individuals and soulful organisations to support their art, activism, wellbeing and creativity.

My work with individual artists, writers, musicians, designers, activists, entrepreneurs and other creative people is intended to help them deepen and broaden their practice. You can work through a **soul conversation**, attendance at workshops and the **21soul e-course**.

To find out more please contact me at steve@21soul.co.uk or see my website: www.21soul.co.uk

How you can work with me

We can meet face to face, in a room, on a beach or forest 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 makes them troubled and pained: 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 constellation of emotions, thoughts and actions.
- 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 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 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 through my 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 20 years.
- I've worked in private practice, workplaces, schools, GP surgeries and groups.
- As a guide, for **2017** my hourly fees are negotiated around **£65** for private individuals.
- Block bookings may be discounted. Sessions can be an hour or longer - to be agreed in advance.
- 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.
- Fees for leadership coaching and organisational work are negotiated around my consultancy rates.
- I undertake regular supervision with my colleague and senior therapist, **Michael Soth**.
- I am a Registered Member of the **British Association for Counselling and Psychotherapy**.
- I am a member of the **Spiritual Companions Trust** and bring this dimension to my work as a therapist.

Individual retreats

if you'd like do some more intensive soul conversation work with me, or spend some time in meditative or creative retreat, you can book an **individual retreat** in our lovely cottage in West Wales, **The Old Coach House**.

The Old Coach House in Ambleston is a small stone barn conversion in the middle of Pembrokeshire, nestling under the Preseli Hills, and a short drive from the area's rugged and beautiful coastlines.

The main barn is an airy, full height living and dining space, heated by log burning stoves at either end. It is a quirky, comfortable environment, suitable for an adult couple, or a single person wishing for a peaceful, creative retreat.

It is a serene little place, the perfect spot for creative thinking, reflection and meditation; one that might take you on a new and different path in your life and work.

