



.....Twenty-first century soul
integral practices for soulful and creative living

21soul 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

Counselling, psychotherapy, coaching and supervision are all essentially deep conversations within a helping relationship. I call these **soul conversations**.

I describe myself as an independent integral therapist. All 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 or couple.

Coaching support for creative people

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 **soul conversations**, attendance at workshops and the **21soul e-course**.

I can also work with artist groups and collectives to help them develop deep, soulful responses to the world. You can download a FREE e-book: **Supporting creativity** on my website or by clicking **HERE**.

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.

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.

How you might make a difference through engaging with your calling, nature and your 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 17 years and with hundreds of people of all ages. This work has taken place in private practice, workplaces, schools and GP surgeries.

I offer a **FREE** phone conversation to anyone who wants to discuss how they might get the help and conversation that will be most valuable to them.

As a guide, for 2014 my hourly fees are negotiated around **£60** for private individuals and **£70** for couples. Block bookings may be discounted. Sessions can be an hour or longer - to be agreed in advance.

If we agree that I'll meet away from Pembrokeshire, then you'll pay my travel and subsistence expenses and any room hire, as well as my fee.

Fees for leadership coaching and work within organisations are negotiated around my consultancy rates.

I am a participant in the **Independent Practitioners Network (IPN)** and undertake regular supervision with my colleague and senior therapist, **Michael Soth**.

I am also currently a Registered Member of the **British Association for Counselling and Psychotherapy** in relation to my work as a school counsellor.

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 a **21soul 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 and that might take you on a different path in your life and work.



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, organisations like BACP, UKCP and others, emphasise 'registration' or accreditation' as a guarantee of quality and experience. However, this doesn't take into account the personal dimension, or the work of independent therapists, many of whom are very experienced, ethical practitioners who can sometimes 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 or by clicking [HERE](#)).

- * What is the main reason you're seeking support NOW? What are the main themes and issues that come to mind? Has this been triggered by a life problem or crisis, or is this more about your own development or creativity?
- * 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?
- * 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?
- * 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?
- * 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?
- * 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?
- * 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