



### [Gently Letting Go: Exploring Your Potential in the New Year with Integrative Counselling](#)

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As we enter a new year, there is often pressure to be different, change, or improve ourselves, encouraged by resolutions like 'Dry January' and 'Veganuary'. The dreaded 'January Blues' can leave us feeling down, lonely, or unhappy with how our lives are being experienced. **Jackie Edwards, an integrative counsellor, explores these feelings and offers insight into how we can gently work with them — read on to discover her approach.**

As an integrative counsellor, I believe every part of ourselves is important and that everyone can connect with their potential. There is no part of self that is good or bad, we may simply be making choices that are no longer working for us. These may manifest in different ways, anxiety, stress, depression, work and relationship problems to name but a few. When we feel out of sync, it may cause disconnection from ourselves, others and our environment, but this doesn't mean we need fixing. Instead of 'all or nothing' thinking, sessions can begin with an understanding of where we are now and how we can support and encourage acceptance of ourselves with compassion whilst exploring what we feel no longer serves us.

From this place of value we might begin to consider our choices; explore our past, recognise patterns of behaviour, disconnections, and begin to see more clearly obstacles that might be blocking and causing stress, anxiety, misunderstanding. Sessions can be an opportunity to re-frame, accept gentle challenge, integrating all aspects of ourselves to promote wholeness and self-acceptance.

My focus is to work and promote a sense of feeling safe, to experience trust, recognise choice, working in collaboration and to ultimately experience a sense of empowerment. I draw mainly on humanistic theories from Gestalt and Carl Roger's Person Centred Approach. Understanding how change happens – exploring our past and seeing how it affects our present. Recognising choice and the effect of those choices. Exploring patterns of behaviour. Taking time to explore where you are now and what you would like to work toward. Connecting all parts of self to meet your full potential.

To book, please get in touch with us.

Sessions are for 60 minutes and cost £55.