

Humanistic Psychotherapy

Humanistic psychotherapy seeks to explore and promote a holistic understanding of people. It has relevance for people, both as individuals and communities (domestic, social and work related) as well as for the larger society and culture within which we all interact.

Working with a wide-lensed and multi faceted vision leads to the study and understanding of people in their entirety. People are seen as whole beings made of many interacting parts, for example: body, feelings, thoughts, senses, imagination and spirit.

The whole is seen not only as more than the sum of the parts but by exploring the nature, action and interaction of the many parts Humanistic Psychology offers a deeper understanding of what it is to be human than approaches which focus more narrowly. Indeed, Humanistic Psychology can include and integrate such approaches.

This broad perspective is allied with an understanding of human potential which is both positive and facilitative. The humanistic movement sees people as organically trying to become more integrated and more whole. It encourages authenticity, spontaneity, personal responsibility, creativity, love, goodwill and personal power.

In developing such potential, humans are able to create and control their own lives with integrity and with sensitivity to other people and the world in which we live. Exploring difference is seen as an opportunity for learning, growth and expansion, however challenging that may be at times.