

My qualifications for counselling

My qualifications and training for this role are strongly grounded in my seminary training, which put heavy emphasis on the skills, ethics and attitudes for counselling. I also have a coaching background, and received extensive training in this field, as well as being a member of several professional bodies. I submit to regular supervision and am committed to the strict Code of Ethics and Code of Conduct of the Interfaith Ministers Association (www.interfaithfoundation.org/ima).



CONTACT



Please get in touch with me to talk through any situation for which you think I may be able to help.

Full details about me, the organisation that ordained me, and the professional code of conduct that I follow can be found on my website (or I can send you information by post if you prefer).

CLIVE JOHNSON

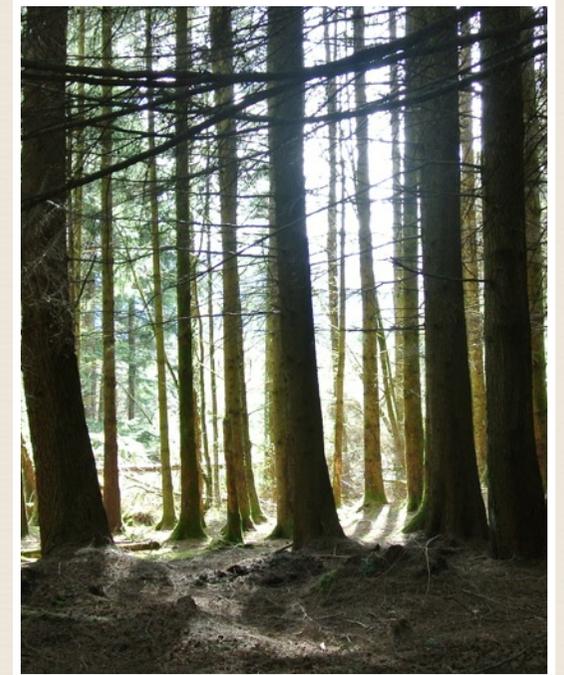
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SPIRITUAL COUNSELLING



Reverend Clive Johnson

UK and itinerant

Interfaith Minister,

Counsellor and Celebrant

Registered member of the OneSpirit
Interfaith Ministers' Association.





A trial call will give you a sense of what counselling is about and so whether it may be appropriate to arrange further calls (in some cases, just one call may at any rate be sufficient for your need).

Spiritual counselling offers an opportunity to attend to whatever might be on your mind or heart – working out the way forward in a relationship, coping with a major life change, moving on from past pain, coming through a time of grief, amongst many other situations. It creates a unique space for opening to what the heart has to say, albeit it can also complement other types of counselling and therapy (if appropriate) too. It is always relevant where matters of a 'soul in anguish' are concerned.

LETTING THE HEART SPEAK

Spiritual counselling aims to let your inner self, your true self, speak. Often, what the heart wants isn't brought into everyday awareness, but counselling gives space for this to happen, and allows us to listen for answers for whatever the soul may be seeking.



WHAT IS SPIRITUAL COUNSELLING?

Spiritual counselling is a dialogue, created in an especially reserved space. For those who can accept this, including myself as a counsellor, this means inviting the Divine to sit right at the centre of our meeting place, whoever or whatever "the Divine" is thought to be and whether or not the meeting place is at one place or virtually created over many miles via telephone, Skype or some other means.

This is what I and many others call creating *sacred space*, a place in which we might be open to divine leading, revelation and exploration.

In this space, counselling aims to help a client find answers to whatever they want to bring to the conversation.

This may involve open questions, everyday or earlier-in-the-day thoughts, soul searching and trying to understand why something is happening. Answers come through the questioning, listening and occasionally invited suggestions or thoughts of the counsellor, but most importantly, from what comes into the client's mind and heart. Both for client and counsellor, the Divine is giving a guiding hand, even if this is often silent.

Counselling may at times delve deep. Issues that at first seemed to be upper-most in a client's mind can often be

underpinned by hidden motivations, fears, past experiences or subconscious beliefs. Often, they may ultimately be directed at 'life', 'the Universe' or 'God'. Counselling can seek to understand what leads to such attributions and to help reset objective thinking, when this is needed.

THE COUNSELLOR'S ROLE

Asking for healing or stepping back in time to give assurance to a once troubled child might form a part of the process. As a coach, minister and as someone who has experienced different practices and been exposed to different teachings and perspectives, a counsellor may be able to offer an appropriate reading, guided mediation, suggested practice or prayer to help in any situation. But their role isn't to steer a conversation, merely to be a facilitator and a listening ear, as well as a second brain, heart and body through which "God" or Spirit might act.

