



## MISSION STATEMENT

Re-Vision aims to change people's quality of life - to catalyse psychological, social and spiritual transformation.

We accomplish this through combining clinical excellence and soulful care in our counselling and psychotherapy training, public courses and affordable counselling.

We aim to provide greater accessibility to counselling and psychotherapy by embracing difference and challenging oppression both within the Re-Vision community and in our relations with the public.

### VALUES

The bringing together of spiritual values with sound clinical skills is central to Re-Vision's mission. Openness, honesty, clarity, beauty and tolerance are values that Re-Vision is committed to putting into practice. The essence of our identity as a community is to embody care, integrity and meaning both in our work with individuals and in our efforts to reach out and have an influence on the larger society.

- we recognise that counselling and therapy function within a social and political context that can be forgotten in the consulting room
- we seek to honour the political reality alongside the psychological
- we temper high ideals with knowledge of the shadow side of the human psyche and the need for grounded practice
- we try to model what we teach and be open to re-vision ourselves in the light of new perspectives and feedback.

Counselling and psychotherapy are the most intimate of professions. The size of training groups is maintained at a modest level to reflect this need for close contact and personal attention. The organisational structure ensures the qualities of care and flexibility of response to individual needs that only a small organisation affords. As in individual therapy, adapting to the specific needs of the client is paramount, so having the organisational flexibility to give individual attention to students is a high priority. The principle here is that of valuing individual differences.

Updated March 2021