

# Julie de Ruiter

Integrative Psychotherapeutic  
Counsellor. BSc (Hons)  
Cert. CBT. UKCP.  
Accr. Divorce & Separation practitioner  
MIND Credentialed Therapist

Counselling  
Divorce Therapy  
Wellbeing



## ◆ What is Integrative Counselling?

Integrative means that I was trained in the three main areas of theory, these being Humanistic, Analytic, and Cognitive Behavioural. An integrative counsellor then blends together these theories to create a way of working that is not only concerned with what works for our clients but also concentrates on how it works for our clients

## ◆ My commitment to you.

I believe that a counselling intervention of any kind is not a quick fix or a cure all. Counselling can be hard work, but it does offer an opportunity for exploration, change and growth if that is what is desired. For my part I will always aim to offer an empathetic, non judgmental and compassionate space for you to bring what ever issues are affecting your life in a negative way. I will listen fully to what ever you wish to bring and be along side you on your therapy journey working at the pace you set. I will always aim to use language that is clear, concise and accessible to all.

## ◆ Background and Experience

I have worked with many clients over the years with a wide variety of presenting issues. My early experience was working with male and female survivors of sexual and domestic abuse. I have also worked extensively with clients that have physical and learning difficulties. Latterly my client group has been very varied, working with clients to address matters relating to gender, depression, and OCD, to name but a few.

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## Contact Me

T: 07946 749485 | E: .therapy@juliederuiter.co.uk | W: www.juliederuiter.co.uk