

## AN INTEGRATIVE JOURNEY

**Melinda Marton \***

*Reden International, Denmark*

### Abstract

The current article is an autobiographical narrative study, which considers as the main theme, the issue of loss, and bereavement. Secondly, it looks into the interconnectedness between the therapist's journey of self development and the clients journey of healing. It is a creative work, in which I applied an Integrative Counselling Approach, by blending Person Centred and Biographical counselling with heuristic narrative research.

Keywords: *integrative approach, bereavement, counselling, interconnectedness, narrative*

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\*BA Psychology, Postgr. Addiction Counselling, MSc Therapeutic Counselling. Prof. memberships: British Psychological Society, Danish Psychological Association, European Eco-Psychological Socie.  
Contact: Franckes Vej, 5,6<sup>th</sup>, Frederiksberg, DK 2000, Denmark. E-mail: [melimarton@gmail.com](mailto:melimarton@gmail.com)