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*I am passionate about Individual Psychology  
and the works of Alfred Adler.*

*His theories and values about life including  
social interest have all resonated with my own  
and I felt he was writing about my own  
thoughts and beliefs.*



With a background of over 20 years in recruitment and over 10 years as a parenting practitioner prior to qualifying as an Adlerian counsellor my work as a therapist includes:

- Counselling of Individuals, Couples and Families
- Career Counselling and Mentoring
- Supervision of trainee Adlerian therapists, trainee integrative therapists and experienced therapists from different models.
- Supervision of social care practitioners, medical practitioners and teachers.

My experience has shown me that too many people become what others want them to be without having the opportunity to learn about their own needs or to understand how they got to this point in their lives.

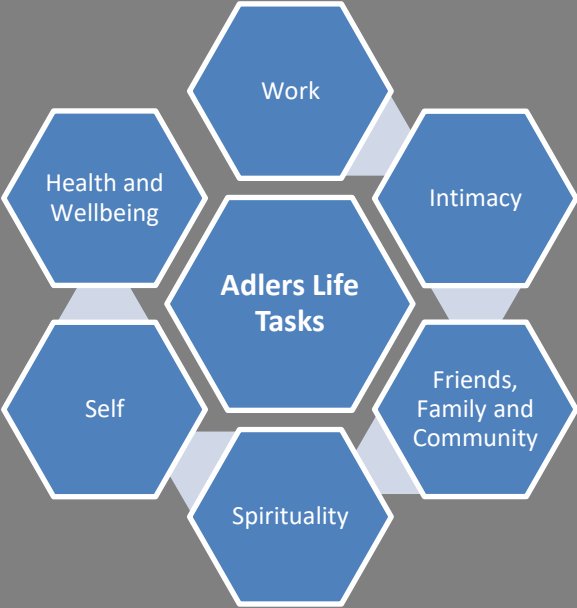
My own experiential training took me through a discovery of who I am and how I came to make the choices in my life. With this understanding I realised that I could change and choose how I wanted my life to be.

It is my wish that everyone should be able to access this help and insight should they choose to.

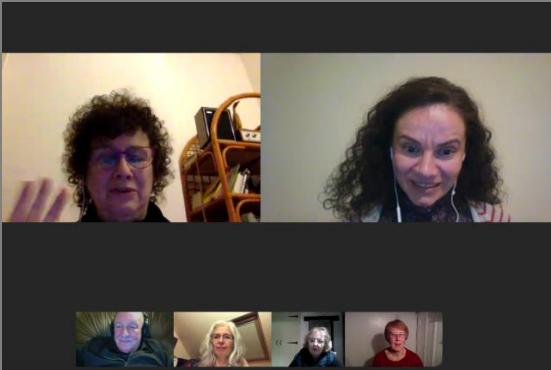
Member of the Alderian SKYPE group. Find other group members on the living-posters homepage and in the living-posters directory & archive



ROSEMARIE WHITE,  
FCT Solutions  
Adlerian Psychotherapist and Supervisor  
MBACP, Dip Adlerian Couns IIP, Cert Adlerian  
Supervision IIP, MASIIP.  
[Rosemarie.fct@btinternet.com](mailto:Rosemarie.fct@btinternet.com)



*"It is a matter of great amazement to discover, from the inspired writings of Adler, how many so-called modern trends in mental health parallel Adlerian theories and methods. Our present-day focus on community mental health embodies a good deal of emphasis that Adler gave to social vectors. Similarly, educational methodologies, family therapy, and social therapy...have been elaborated in detail by Adler"*  
Lewis R Wolberg (1970)



*With the support of our Living  
Theory group my goal is to provide  
practice based evidence for  
Adlerian Therapy, Family  
Counselling, Parent Programmes  
and Theory in order to promote its  
growth in the UK and make it  
more accessible to all.*

*See my website for my latest work*