

Catalina Balan

Integrative therapist in training

Contact

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About me

After a decade in advertising, my experience of **matrescence** sparked a profound **personal transformation**, inspiring me to turn inward. This journey of self-discovery led me to embrace a **holistic** approach to **therapy**, structured around four core pillars that guide my practice:

- **Psychological** – fostering awareness of behavioural patterns and supporting emotional release.
- **Somatic** – working with the nervous system, including the vagus nerve, to release memories stored in the body.
- **Systemic** – exploring and understanding transgenerational patterns.
- **Spiritual** – acknowledging our energy and the powerful role of belief and meaning in the healing process.

I am committed to **continual learning** and integrating diverse therapeutic approaches. I aim to create meaningful spaces for **reflection** and **growth**, supporting others in their own journeys toward **authenticity**.

EDUCATION

Canterbury Counselling Training | April 2024 - December 2027

BACP accredited Integrative Counsellor

The programme provides a solid foundation in counselling, focusing on the development of both theoretical **knowledge** and **practical skills** within the therapeutic relationship. The core training model integrates **Humanistic** (Rogers), **Psychodynamic** (Freud) and **Cognitive Behavioural Therapy** (Beck) theories, complemented by elements of **Gestalt** psychology, **Transactional Analysis**, **Erik Erikson**.

The training includes 60 mandatory hours of **personal therapy**, **supervision** and **professional placement**. Emphasis is placed on personal reflection, ethics, diversity and continuous professional development. Upon completion of the course, graduates become **BACP accredited** counsellors.

My dream's way | June 2025

Certified game facilitator

My Dream's Way is a transformational game designed to support **self-awareness** and personal growth. Players are guided to explore their **desires**, inner **blocks** and **resources** across five key areas of life: body, relationships, personal development, finances and spirituality.

Ancestry Hub Ro | June 2025

Strong Roots® certified game facilitator

Strong Roots® is a transformational game that explores **transgenerational patterns** inherited from one's family, both the positive ones and those that may **limit personal growth**. The game can be played individually or in small groups, creating a safe space for deep reflection and authentic connection.

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My integrative style

I specialise in **transformational games**, as I find this method effective in reducing internal barriers to insight. Furthermore, I am creating **group concepts** to support those who wish to gain greater self-awareness.

In the future, I will offer an **integrative therapeutic model** that draws on multiple approaches and adapts to the unique needs of each individual.

Rather than focusing exclusively on one modality, I will **combine** diverse **methods** to support the most effective outcomes. I aim to maintain a **flexible** and **responsive** approach throughout the therapeutic journey. I am committed to ethical practice and will refer clients to specialists whenever challenges arise beyond my level of expertise.

EDUCATION

Points of you | October 2025

Phototherapy coaching

The four tools can be used to **gain clarity** or to find **answers** and solutions to specific **challenges**.

Truth Validation | November 2025

Method facilitator

This method integrates **Gestalt**, **Provocative**, **Jungian**, **IFS** and **Family Constellations** approaches. It supports clients in exploring and affirming their truth.

Gestalt Centre London | November 2025

Group facilitator certificate

Group Facilitator Training – a programme covering various topics, including core concepts, **group dynamics** and **conflict resolution**.

Ancestry Hub Ro | December 2025

Transgenerational Trauma Therapy Cards

Training in the Generation Code® method for identifying and working with **transgenerational trauma**, using structured **therapeutic cards** and applied techniques in counselling and therapy.

Somatic experiencing | September 2026 - June 2029

Somatic practitioner

Training in Somatic Experiencing® (Peter A. Levine) – focused on **trauma resolution** and **nervous system regulation** using **somatic techniques** grounded in neuroscience and biological self-regulation.