Stemming from a Greek word, 'holos', meaning '**whole**' or 'complete', (biopsychosocial & spiritual) holistic therapies **notions** to wellness, disease & disorders sees these as parts of a greater whole; Rather than treating just the symptoms (observable/underlying) a **holistic**  (non conventional) practitioner/specialist/clinician/therapist/s looks deeper (e.g. multidimensional/bidirectional/**circular**/pluralistically)  & tries to uncover underlying causes applied to the **total person**; On e.g. social, psychological, physical, emotional, environmental,  local contextual as well as spiritual etc levels; collectively, NOT separate categories of an individual person alone; / 'integrated'  tightly fitted into a 'box'/boxes, divisioned out to various experts (within narrow fields of speciality) to attempt to treat each embodied part separately/**apart**. Holistic counsellors (in appealing to the latter) look/s @ the holistic interrelations **between** the body (soma) mind (psyche) as well as spirit (soul) to help facilitate**meaningful**wellness-**overall, as interconnectively stated**, **when coming to specifically dis-or der/disease/s,**affecting a person or people differently**/uniquely. E.g. Effects of problems affects each person differently, the responses towards it, is 1 of the counting factors, in how to cope, through mechanisms.**

Different teqniques & therapeutic modalities are utilized creatively **depending on the needs of the client/s/person/s in therapy**their situation as well as background, context **ETC @ Counselling & Wellness centr.**