



Impact Therapy: The Courage to Counsel

Ed Jacobs, Christine J. Schimmel

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Impact Therapy is an active approach to individual and group counseling developed by Dr. Ed Jacobs, Dr. Chris Schimmel, and Dr. Danie Beaulieu. This multisensory approach to counseling is a form of brief therapy that emphasizes making counseling sessions clear, concrete and thought provoking. Impact Therapy encourages counselors to combine creative counseling techniques with various counseling theories. This innovative approach to counseling has been very well received by school counselors and therapists from all areas of the mental health field including private practice, mental health and drug and alcohol treatment centers, hospitals, and correctional facilities.

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