



ONLINE INDIVIDUAL THERAPY

INFORMATION, TERMS & CONDITIONS

MY APPROACH

I provide a supportive environment based on empathy and acceptance to ensure that you feel comfortable sharing and exploring your feelings, thoughts, and experiences. I can help guide you in developing a deeper understanding of yourself and the patterns you follow, while providing you with the support and tools to facilitate positive change. Together, we will identify barriers to this change, the places where you feel stuck, and the triggers of negative feelings. You will learn how to give yourself what you missed in childhood, thereby alleviating your pain. Your well-being and confidentiality are my top concerns.

I will help you connect and harmonize with your body and feelings. No matter how much you may prefer to stay in your head, I will introduce you to methods that will help you get in touch with your body and express and accept your feelings.



ABOUT

Specializing in humanistic psychotherapy, my approach is grounded in empathy and genuine wholehearted acceptance of my clients. Recognizing the uniqueness of every individual, I customize an array of techniques to meet their specific needs, offering comprehensive therapeutic counselling since 2011. My expertise extends to couples therapy, where I leverage the Gottman approach to tackle relationship issues effectively. I have also undergone training in Process Oriented Psychology and Individual Systemic Therapy to better understand the psychological and physical processes involved in resolving internal and relationship issues.

STRUCTURE OF THE THERAPEUTIC PROCESS

First session (assessment): It's helpful if you come to the first session with a sense of what you hope to gain from therapy. I will begin by asking what brings you to therapy and will ask further questions to get to know you—your current situation, your background, and your goals. We will talk about the areas that feel difficult right now and what changes you would like to see.

I'll also explain how therapy works and what you can expect from our work together. At the end of the session, I'll suggest possible next steps and we'll discuss whether it feels right for both of us to continue working together.

Regular sessions: The duration of therapy varies and depends on several factors — including the nature of the issues you're facing, your readiness for change, and how actively you're engaging with the work between sessions. To support meaningful progress, regular attendance is important. I generally recommend meeting once a week.

Phasing out of therapy: As you begin to feel more confident using the insights and tools you've gained, we'll gradually reduce the frequency of sessions. This allows you to test out new ways of coping and relating in everyday life, while still having support as needed.

Termination: You're free to end therapy at any time. That said, having at least one closing session is highly recommended — it gives us space to reflect on your progress, identify any remaining work, and bring a thoughtful close to our work together.

WIDE VARIETY OF CONDITIONS

- Resolving difficult life situations, relationships, or communication challenges
- Finding and achieving life goals and dreams, and making important life decisions
- Supporting self-acceptance, self-confidence, and self-development
- Regulating emotions and coping with anger, depression, or anxiety
- Resolving problems in career and work life
- Releasing blocks to creative expression
- Improving sexual difficulties
- Overcoming problematic use of substances or pornography
- Coping with and benefiting from being a highly sensitive person
- Coping with eco-anxiety or climate grief

BOOKINGS & CANCELLATIONS

- Clients can [book appointments](#) and view current fees and availability in the [online calendar](#). Session fees may increase annually from 1 January.
- Sessions are self-pay; costs are **not** reimbursed by health insurance.
- Rescheduling or **cancelling less than 24 hours** before your session will incur the **full fee**.

CREATING A FOCUSED SPACE

Please arrange childcare and silence phones before your session.

CONFIDENTIALITY

Everything you share and all records are strictly confidential and will not be disclosed to third parties. Exceptions apply only in rare cases:

- If there is a serious risk of harm to yourself or others.
- If required by law or court order.

I also consult with a supervisor to improve the quality of therapy. In these cases, your identity is anonymized and details are changed to protect your privacy.