



Individual Therapy

Individual Therapy refers to one-on-one therapy and consists of the therapist and client.

Therapy starts with the client making an appointment.

For many people the first time is usually nerve-racking. This is normal. It is not easy to talk about deep-seated real human issues and problems. I therefore respect every individual sharing his/her story. It is my aim to make clients feel safe and comfortable.

We owe it to ourselves to invest in spiritual and emotional growth. Sometimes we lack certain skills in handling certain emotional problems. Therefore we need each others different talents and skills to support, teach and help.

Professional therapy is always confidential.

I care about each and every individual. My approach is nonjudgmental. I help identifying the core problem as soon as possible so that necessary change could be implemented to reach the set goal.

Through my techniques I help clients to be skilled self-help therapists.

A person does not have to have very deep-seated problems before they visit a therapist. Therapy is not only for healing but also for growing.

I would love to help and assist!



Book your appointment now!