

Frequently Asked Questions about Individual Therapy

What happens in therapy? How does the first contact work?

The first session is all about getting to know each other – no pressure. You bring whatever is present for you at the moment. I listen, ask questions, and support you in gaining clarity and finding first steps.

Sometimes we dive deep, sometimes we focus on something very concrete. No one-size-fits-all approach – but a path that truly suits you and helps you move forward.

Does individual therapy help – or does talking about it just make things worse?

When your thoughts go in circles or you feel mentally exhausted, therapy can bring relief. It's a sign of courage and self-responsibility.

Don't wait for burnout. Getting support early can spare you long and difficult recovery processes. Change takes courage, not overwhelm. You set the pace. And: The soul only reveals what a person can actually process. Therapy can be challenging – but it should always feel safe. I'll guide you mindfully – even through difficult situations, drawing on my experience working in psychiatric clinics and with people who've had very tough life journeys.

Also keep in mind: You're hiring a professional for your emotional balance – an essential pillar for a long and fulfilling life, as longevity research shows.

I come from a high-performance environment – is therapy even right for me?

Especially then. Those who carry a lot need a space where their own inner experience takes center stage.

High achievers must manage their resources with care, because sustainable performance requires excellent self-regulation and inner balance – far beyond the usual work-life rhetoric.

I understand both worlds: I've worked for years as an executive coach and was myself a leader in a high-pressure environment.

How much does a session cost? How long does therapy take?

That depends – some issues resolve in a few sessions, others take more time.

Six months can already bring significant change.

I work with self-paying clients. I'll gladly share the fee with you in person – it's roughly equivalent to a lovely dinner for two.

