

Claudia Greve Psychology Practice

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You may be thinking of counselling or psychotherapy at a difficult time in your life ...

- ... if you would like to change privately or professionally and are thinking of something new
- ... if you have to cope with too many and too big changes
- ... if you cannot go on alone and everything has become too much
- ... if you are afflicted by fears and panic
- ... if you are sad or depressed and the ruminations just won't stop
- ... if you are looking for advice about your children and parenting issues
- ... if it is too difficult in your partnership
- ...

We may focus on your resources and take a solution-oriented approach with ...

- ... EMDR according to Dr. Francine Shapiro, for example for acute and complex trauma, anxiety disorders, pain (iEMDR), depression (DeprEnd®), ...
- ... Client-centred psychotherapy
- ... Mindfulness-based stress reduction / MBSR
- ... Cognitive behavioural therapy
- ... Attachment Therapy
- ...

Practice offers address to individuals, couples, and small groups.

They include counseling, psychotherapy, supervision, but also coaching, e.g. for your peak performance in work, sport and leisure.

Individually tailored packages matching your needs on request