Website Copy – English

Certified Trauma Therapist

Rethink • Overcome • Thrive

Your story deserves to be heard.
Change is possible.
You don't have to face it alone.

Rethink

Counselling & Personal Guidance

In a safe, respectful and confidential environment, I provide space for reflection, clarity and new perspectives.

My international training enables me to offer a comprehensive, evidence-based and holistic approach that considers the connection between body, emotions and thoughts.

My Qualifications
• Counselling
• Trauma Therapy
• Coaching
• Mentoring
• Mediation
• Christian Counselling (optional upon request)

Relief begins with a new perspective.

Overcome

Trauma Therapy & Personal Support

Traumatic experiences can have long-lasting effects—but they do not have to define your life.

As a certified trauma therapist in Germany, I work with evidence-based, scientifically supported approaches to help rebuild safety, stability and inner strength—one step at a time.

Evidence-Based Trauma Therapies

CPT – Cognitive Processing Therapy
PE – Prolonged Exposure Therapy
TF-CBT – Trauma-Focused Cognitive Behavioural Therapy
NET – Narrative Exposure Therapy

Healing from painful experiences is possible.

Thrive

Global Transitions & Personal Support

Major life changes—especially relocation, migration and cultural transitions—can be emotionally demanding and deeply unsettling.

Drawing from both professional experience and personal understanding, I support Third Culture

Kids (TCKs), expatriates and people with migration backgrounds in navigating cultural transitions, strengthening their identity and adapting confidently to life's changes.

“Healing often begins when we feel truly seen, heard and accepted.”

I would be pleased to arrange an initial, no-obligation consultation with you.

Individual • Confidential • Personal

Navigate Global Change with Confidence.