

I am offering:

Individual psychotherapy  
Home visits by appointment  
Spiritual Companionship  
Creative self-development  
Courses  
Supervision of personnel groups  
Lectures  
Workshops

My specific interest is to use creative expression as a tool for a deeper self-understanding and development.

We meet the first time to get to know each other. You tell me about your situation and your expectations. I'll tell you how I can help you and together we plan our cooperation.

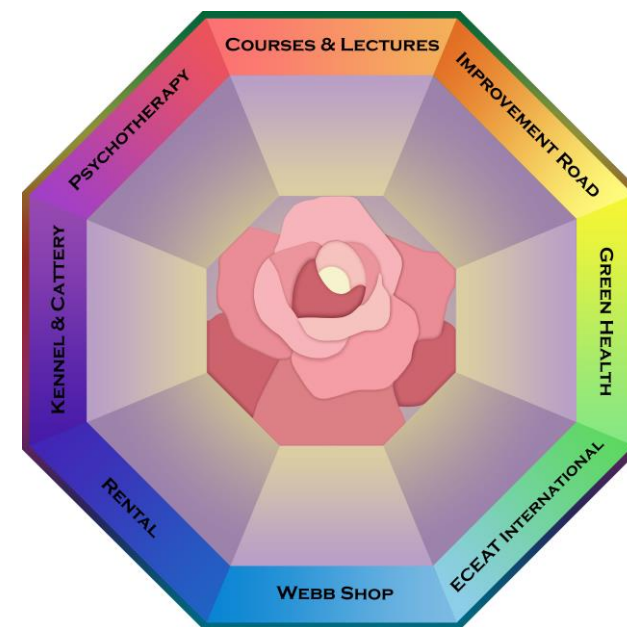
You can register for creative self-development and/or courses as advertised on my website. For tutorials, lectures and workshops - request an offer!

I am a licensed Integrative Psychotherapist.  
I am trained in DK, S and USA.  
I have a long life experience, long experience from cancer treatment, rehabilitation and palliative care.  
I have specifically chosen to offer my help to life's transitions. When life changes it can be difficult to find a foothold in everyday life.  
I am a globally lecturer and published in 2014 the book "The Death Midwife".  
I am a member of the social committee in my home municipality and the General Secretary of the European cooperation in ECEAT International.  
I breed Sacred Birman and British longhair cats.



## Octagon psychotherapy

*Life, loss, transition and healing*



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*Clinic: in Sweden and Denmark*

You can feel that life need to be changed or you are already in an ongoing change due to divorce, other relationship problems, illness or work-related causes.

You want help to get new foothold. You need help to leave the old.

Perhaps you're in treatment or have completed treatment because of an illness. Maybe you're on the way back from illness, fatigue or depression.

Perhaps you are a relative of a person who is seriously ill.

You are curious and want to explore your inner possibilities, you wish to develop yourself.

The intention is for you to get better, increase your resources, your life force and experience improved quality of life.

It is a magical transformative journey that may become a turning point in your life.



*When there is a loss in your life ... like death of a loved one, relationship difficulties, work, finances, health, love, age, dreams, confidence, hope ...*

*If you are overworked ..... of the needs of others, of all you have to do, of the outside world or ...*

*If you feel sedated or are locked ..... of sadness, fear or anger, or find it hard to give or receive love or experience burn out or .....*

*If you're afraid that if you begin to notice and feel your pain, it will be pain forever*

*..... than I can help.*

For companies:

I address specifically for private and public companies with staff who work with complex tasks within the health sector as doctors and nurses, home care, elderly care, health, palliative teams, hospice or recruitment agencies who want to inspire and develop its staff and take advantage of the staff group's competence and develop it to a learning process in the daily work.

Every employee needs to be seen, listened to and understood.

For tutorials, lectures and workshops, I am willing to come to you! On the company's own premises.

Consult me for a non-binding offer!