



In a first step we define the goal which is to be jointly achieved in the consultation. How would a successful outcome look like? Fair solutions that those involved can identify with are of particular importance.

In the second step we determine possible ways to best reach these goals. These actions will be as individual as the relevant actors, such as their desires, hopes and intentions. In this context, the personal strengths are more important than the weaknesses. The focus is to think about problems so that they can be transformed into solutions.

To resolve a dispute without anyone winning means resolving it well.

“Only a controversy without winners is a won controversy.”
(proverb)

Consulting Fundamentals

Consulting fundamentals are, in addition to recent couples counseling methods also insights of applied positive psychology, satisfaction research and neuro-linguistic methods.

Family constellation work can also be offered.

You can rely on our absolute confidentiality and discretion.

Appointments

Counseling appointments will be made on an individual basis. The cadence varies from weekly to semi-annually. Appointments are also available on evenings and weekends.