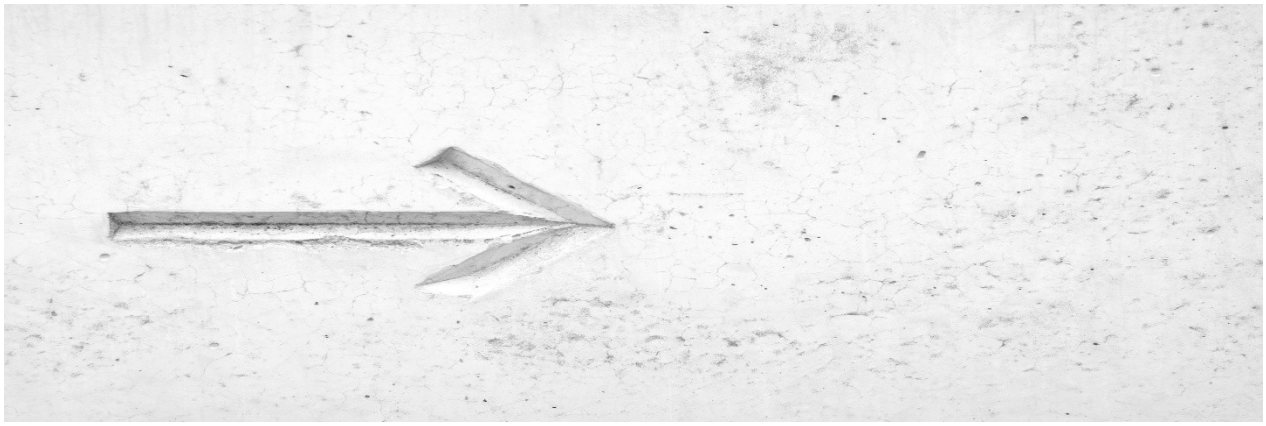
Christian Thomas
Coaching & Psychological Counseling
Growing through change

Psychological Counseling: Support During Crises and Times of Change



Starting Point

You are going through a personal crisis and feel overwhelmed by a breakup, a loss, or stressful conflicts. You are experiencing significant emotional distress and are seeking professional support to better cope with this difficult phase. Psychological counseling is not a form of therapy; rather, it offers you empathetic, solution-oriented support during times of acute change and stress.

Target Group

People who are going through life crises, stressful situations, or profound personal changes and are seeking professional, psychologically grounded support without needing therapy.

Goals

- Emotional stabilization during times of acute distress
- Analysis of the stressful situation and identification of resources
- Clarifying feelings and thought patterns
- Developing realistic goals and solutions
- Strategies for coping with conflicts and challenges

- Promoting self-care and self-efficacy
- Preparing for next steps

Benefits

- Emotional relief
- Clarity about the stressful situation and developing possible courses of action
- Strengthening the ability to cope better with stress
- Supportive guidance (not therapy)
- Opening up new perspectives
- Strengthening self-care

Format and Framework

- 5–10 sessions, 60 minutes each
- Appointments can be scheduled flexibly
- Sessions take place in person but can be combined with online sessions by arrangement

Investment

- Single session: 150 €
- Package (5 sessions): 675 €
- Package (10 sessions): 1200 €