

Frequently Asked Questions about Therapy

What happens in a session?

A session is a conversation. We talk about everything that matters to you: anxieties, difficulties, doubts, moments of joy, memories, or simply thoughts that arise. You can share what you feel like sharing — and also what you don't feel like sharing. I may ask questions, seek clarification, and help you find focus when that feels useful. Together we try to understand what's actually happening for you — in your thoughts, your feelings, your body.

Sometimes during therapy there's a desire to give up on it all — it feels like it's not working, that things have got worse, or that it's become unbearable. That's normal. These moments are not to be avoided but talked through in the session. They are often the ones that turn out to be pivotal.

What is psychoanalytic therapy?

Psychoanalysis is a tradition that began with Freud and has changed considerably since then. Contemporary psychoanalytic therapy is not five sessions a week and not a couch. But at its heart is the same idea: free association. You say whatever comes to mind, without filtering or shaping it into a narrative. This allows you to gradually untangle inner knots — and to understand yourself more deeply.

In the first sessions we usually talk about the difficulties you're currently facing. From there, you go as deep as you're ready to go.

How long does therapy last?

That depends on your goals and needs. Short-term work is also possible. But psychoanalytic therapy operates on the premise that deep change takes time. Usually the first two or three sessions are spent getting to know each other and exploring your context, and then we continue at a pace that works for you.

How long is a session, and how often do we meet?

One session lasts 50 minutes. That's enough time to settle in, do the work, and close. The minimum frequency is once a week. Less frequent meetings don't produce the effect that's needed, so if it's not possible to meet regularly, it may make sense to postpone starting therapy.

What if I'm late, cancel, or need to reschedule?

We will have a fixed time and day of the week. This is your personal therapeutic space. A few simple agreements are important to keep:

- If you're late: the session ends at the scheduled time. If you arrive later, the remaining time is still yours.

- Rescheduling or cancellation: with 24 hours' notice, a session can be rescheduled. If you cancel on the day of the session, it is considered to have taken place and will be charged.
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Do I work online?

Yes, online sessions are possible. We always work with the camera and microphone on. It's important that you're in a quiet, private space where you won't be interrupted. Please make sure you have a stable connection — this makes a real difference to the quality of our work.

Are there topics I don't work with?

Yes, and this is important to know. I don't work with:

- addictions (alcohol, drugs, gambling),
- moderate to severe depressive disorders,
- active suicidal ideation and crises requiring emergency support,
- eating disorders in an acute phase requiring medical intervention,
- psychotic disorders,
- bipolar affective disorder without pharmacological treatment,
- other psychiatric diagnoses without concurrent psychiatric care,
- children and adolescents.

If I see that my approach isn't right for you, or that I'm not in a position to help, I will tell you — and where possible, refer you to a colleague. If pharmacological support is also needed, I can direct you to a trusted psychiatrist.

How does therapy end?

Ending therapy is not simply "not coming back". It's an important process in itself. Even if you came for a short time, one or two closing sessions help to take stock, to move through the ending, and to become aware of what you're taking with you from this experience. Sometimes it also makes sense to come back for one or two sessions after a period of time — to see how you're doing without therapy.