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My values, insights and worldview

Who I am as an Experienced Therapist,
Professional Coach and Trainer

I guess I have been lucky being able to do this work for such a long time, to support people with these methods year after year. I couldn't imagine even in my wildest dreams that I would help relax people and lead their imagines as a professional therapist for over 25 years.

However, my unusual footpath has turned out endlessly changing, deeply educational and **inspiring**. I'm grateful for all my training and therapy clients, working life and professional guidance groups. My Relaxation Coach students have been one of the greatest blessings for my professional development as a trainer.

My goal in my work is to help my clients as ecologically as possible and with discretion. High standards and the respect of each person's individuality are highly important values to me. I suppose I have some kind of inner calling, a burning desire and urge to help my clients. I've been for doing this wonderful job, supporting people, for a long time.

I am fascinated again and again when people are able to **make permanent changes** in their lives. I do what I very much enjoy doing. I am continuously developing my training, **mindfulness and relaxation skills**. The most important goal in my work is that my clients get the very best they can.

I train, teach and give lectures of relaxation and wellbeing, lead guided group meditations and use thoughtful mindfulness ideas. My original specialization is suggestive short therapy with effective tools like Neuro-Linguistic Programming (NLP) and empowering relaxation, therapeutic suggestions, goal oriented visualization etc.

On the other hand, like an unknown writer once wrote about inner calmness and peace: "It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart."

Positive psychology and **solution orientation** are an important background in my work as a therapist and trainer. Many of my closest colleagues have been my best teachers and fine role models.

Milton Hyland Erickson was an American psychiatrist who specialized in family therapy and therapeutic hypnosis. His creative way to build a good rapport with his clients has inspired my work, as well as the creative trainer Richard Bolstad, the fine NLP developer Robert Dilts and the mindfulness expert Jon Kabat-Zinn.

World class "how to live in the present" teachers like Eckhart Tolle and Dr. Wayne Dyer, to name just a few, have many touching ideas for stillness. Dyer passed away peacefully in 2015. This warmhearted soul said: "**Be open to everything, but don't touch anything**". This resonates the inside of my heart. As a trainer and therapist I am a kind of free soul. I use many different viewpoints, methods and therapeutic approaches.

Someone wrote: "My philosophy is simple, when you are happy, I am happy". A satisfied client is the most important thing for a mental trainer. I feel great when a client feels better after the session than before the session.

Metaphorically speaking, when people can solve their long-term problems it's like a shining light in their hearts, minds, souls and spirits. For example, if your tensions decrease and presentation skills improve you will have more joy in your work. True happiness in your daily living increases. This helps **create a peace of mind**, too.

Below the level of consciousness, everyone has a silent subconscious invisible space and an inner intelligence and wisdom. With these methods you will be able to discover your true self and start to use your true resources in a more efficient way to live the life you deserve.

Anyway, it is good to concentrate on a couple of main topics when come to see an old hand, an intensive mental trainer like me. Like David Allen says: "**You can do anything, but not everything**".

With my 25 years of experience with NLP and suggestive therapy with relaxation, I know these methods are one of the best ways to bring subconscious resources to the conscious level. Practising **regular** relaxation exercises is one of the easiest ways to keep an optimal energy level even if your work includes long hours under a lot of pressure.

There are certainly a number of relaxation and mindfulness-based ideas, meditative and cognitive techniques that can be of enormous benefit in helping to relieve the client's tensions, stress, sleeping problems and other suffering. Using effective relaxation methods you're able to have better physical health and less likely to develop serious mental health difficulties.

Techniques and therapists never make any changes – clients do.
Everything we need **is already inside us** even though we don't know it.

