

SUSANNE FREYTAG

Transactional Therapist



About Susanne

I use Transactional Analysis as my main theoretical framework. With its clear structure it helps to understand why we can get stuck in confusion and repetitive behaviours in our private and professional lives. As an English and German-speaking counsellor and therapist I have personal experiences living in different cultures and being challenged by new and unknown situations.

Talking through what is troubling you is healing in itself. As a therapist, I work with you to help you understand yourself and your relationships with others, to discover your own ability to make changes and to establish happier ways of living and moving forward with your life.

I use Transactional Analysis as my main theoretical framework. With its clear structure it helps to understand why we can get stuck in confusion and repetitive behaviours in our private and professional lives. As an English and German-speaking counsellor and therapist I have personal experiences living in different cultures and being challenged by new and unknown situations.

One thing I have learned is that everyone is different, everyone has their own unique strengths and capabilities and everyone goes through times when life is difficult.

You can expect confidentiality and support to help you explore, clarify and address whatever issues are concerning you. These may include depression, anxiety, stress, work problems, divorce or bereavement, relationship problems, self-confidence, bullying or simply uncertainty about how to best move forward with your life.

I ensure a safe and confidential environment at our practice in Berlin and also in my private practice in London. I can also work with you online or by phone if this is more convenient.

I provide both short and long term counselling and therapy for adults and couples in a safe and supportive atmosphere, where we work on developing your strengths and potential as well as addressing what is troubling you.

Education & Experience

| | |
|------------|---|
| 2013 | MSc in Transactional Analysis Psychotherapy (TA) Middlesex University |
| 2013 | Certified Transactional Analyst Metanoia Institute, London |
| 2013 | Registered with the UKCP (UK Council for Psychotherapy), |
| 2009 | Diploma in Psychotherapeutic Counselling |
| 2009 | Clinical Diploma in Transactional Analysis Psychotherapy Metanoia Institute, London |
| 2009 | Accreditation BACP (British Association of Counselling and Psychotherapy) |
| 2008-today | Private Practice Hastings, London and Weybridge |
| 2008-2010 | NHS Bank Counsellor Hastings |
| 2006-2012 | Volunteer Counsellor Action-For-Change |

Details

- € EUR 80.00 / session
- 📶 Flexible pricing available
- 📺 Online sessions available
- 🌐 English, German