

# JAKOB LUSENSKY

*Jungian Psychoanalyst*



## *About Jakob*

Nobody as long as he moves among the chaotic currents of life is without trouble, wrote psychologist Carl Gustav Jung. As an English-speaking psychoanalyst in Berlin, my work is to support individuals in navigating the chaos, trouble and suffering that everyday life entails.

Through mutual exploration it is possible to better understand some of the underlying currents that shape our life. Psychoanalysis views human behavior and motivations as partly driven by unconscious conflicts, complexes and trauma, some of which are based in childhood experiences. By connecting with dreams, imagination, memory and the capacity for creativity and play, the therapeutic process can help healing take place.

Symptoms such as panic attacks, anxiety, compulsions and psychosomatic problems are, from a psychoanalytic lens, not always something that should be simply removed through treatment. Rather, they should be understood as signs with a certain message; signs which call for a change in how to live one's life.

## *Education & Experience*

- 2015 Analyst & Counsellor at IMD, MBA Program Lausanne, Switzerland
- 2013-today Jungian Psychoanalyst with private practice Berlin
- 2012-2015 Clinical internships Schlosspark Klinik Charlottenburg, Berlin, William Slater Outpatient Clinic, Cape Town
- 2010-2015 Diploma in Analytical Psychology ISAP, Zürich Switzerland
- 2010 M.A. in Education & Business Stockholm & Blekinge University

## *Details*

- € EUR 90.00 / session
- Flexible pricing available
- Online sessions available
- English, Swedish