Maura applies an assimilative, relational approach in her work with adults, teenagers,

children, and parents. She has received advanced training in Relational Gestalt Therapy,

Child & Adolescent Psychotherapy and in Expressive Creative Arts Therapy. She has also

completed advanced training in Systemic Family Therapy and Couples Therapy, additional

training in Play Therapy and Dreamwork.

Maura’s work is grounded in psychodynamic and humanistic schools. She believes in

ethically sound practice; is in regular supervision with senior consultants; and is dedicated

to ongoing training. She also provides counselling and supervision to other mental health

professionals.

Maura is committed to helping clients understand themselves better by thinking and feeling

their way through origins and patterns of the life forces that animate their lives and may

have led to internal, relational, professional, academic or family struggles.

Together with the client she endeavors to make a safe space that allows the person to

grow into their wholeness and their integrity, which in turn develops capacity for authentic

relationships with others.

From being an entrepreneur Maura stepped into the world of counselling after receiving

extensive training and has been working in the field of counselling and therapy since 2016.

She is able to traverse cultures, because of her immersion into a multi-cultural life, this

offers her a unique perspective to work with a diverse clientele.

Maura believes in an integrative practice; she believes that human growth is in a constant dynamic process.

She offers personal coaching and relationship/couple coaching in English and German language.

Maura can be contacted at maurachari@gmail.com