BIO

With over 30 years of experience, I am a Logotherapist, Coach, CBT therapist and Reiki master. I believe in a holistic, multidisciplinary approach, integrating various techniques of Logotherapy, CBT, Mindfulness, Dream Interpretation and personal methods that I have developed, in order to address a wide range of emotional, psychological, physical and spiritual challenges.

My areas of Expertise:

\*Living with fibromyalgia, chronic illness, pain and disability

\*Communication and Social skills training for teenagers and adults with autism.

\*Sleep difficulties and disorders.

\*Couples counseling.

\*Suicidal ideation, self-harm, emotional regulation and crisis intervention.

\*Addiction, eating disorders and bariatric surgery support (pre and post).

\*Adolescent and teenage challenges, for parents and child.

\*PTSD, CPTSD and trauma.

\*Depression, anxiety, and fear. (space removed between ‘and fear’)

\*Parenting children with disabilities and special needs.

\*Business coaching and career transitions.

\*Life direction: search for meaning; seeking a new path or chapter.

\*Intergenerational trauma in families of Holocaust survivors.

\*Coping skills for Empaths/Highly sensitive person.

\*Dealing with grief and loss of a loved one, through passing or dementia.

I find the \* before your entries a little too close and feels suffocating. I’d rather you used a dot or dash.

* Dealing with grief and loss of a loved one, through passing or dementia.
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And maybe to use the Justify button for the paragraphs as below to align with the edges on both sides… just looks neater. But of course… it’s all up to you 😊

My work is compassionate, tailored, and deeply respectful of each person’s unique journey. Whether you are facing emotional pain, physical challenges, or life transitions, I offer a safe, non-judgmental space for healing and growth, my goal is to help you reconnect with your strengths, values, sense of self and to find your unique life's meaning and purpose.

Sessions are via zoom, in English or Hebrew.

For eran…

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