Foundation of Counselling

I believe that the client is the expert of his or her own life. Your skills, desires and needs are the foundation for our interaction during counselling. Your stories will guide us to work on finding solutions, healing and growth.

Some of the themes that clients engage with:

- Questions about careers, love & sexuality
- Life transformations
- Depression or Anxiety
- Dependency on substances
- Issues arising from a diagnosis of prostate cancer
- Stresses and traumas from the past

I offer two types of engagement: face-to-face counselling near Nyon or in Mies (close to Geneva), and “skype” or distance counselling (confidential and secure on-line counselling).
Nice to Meet You

My name is Aernout Zevenbergen, I am a counselling psychologist. After nearly twenty years as a writer and photographer (mostly as correspondent in various African countries) I decided to change careers. Counselling offers me, much like writing, an opportunity to engage actively, positively, and soulfully with the world.

Nobody, as long as he moves about among the chaotic currents of life, is without trouble.

Carl Jung