

# Jörg M. Scholz

## Psychological Practice

Individuals ▪ Pairs - Coaching ▪ Psychotherapy

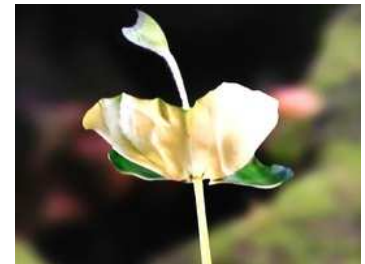


Anyone who wants to be comfortable and feel well, professionally and privately, should make sure to keep one`s balance holistically: **Body, Soul and Mind** play a fully equal role and should interrelate as a balanced, harmonious whole. In this way also success will be achieved – or will return to you!



### **Coaching**

Psychological advice  
Coaching



### **Psychotherapy**

Brief therapy  
Behavioral therapy



### **Individuals**

Job – Private  
Spouse/Partner  
Singles  
Athlete  
Pupils & Students



### **Pairs**

Couples  
Dyads

**Academic Psychologist ▪ Psychotherapist (HPG\*)**

**Eichenheide 12 · D-61476 Kronberg im Taunus**

# Individuals · Pairs

**Individuals** or **Pairs** of all ages whatsoever are welcome in my practice. I draw on wide and diverse experience in consulting young people, adults as well as elderly people and senior citizens.

## Individuals

- **Job - Private**
- **Spouse/Partner**
- **Singles**
- **Athlete**
- **Pupils & Students**

In some cases it happens that relationship counselling is the result of prior individual consulting with one of the two individuals of the partner relationship concerned. Alternatively it may be advisable under certain circumstances and within a **crisis situation** or the access of a **realignment**, to head for "pair coaching" or "therapeutical counselling of relationships" right from the start:

## Pairs

- **Couples**
- **Dyads**

# Coaching · Psychotherapy

**Coaching** or **psychotherapy** often are suitable ways to find appropriate answers for **job-related** or **private issues** by the help of a personal consultant:

- **Emotional drain**
- **Conflict · Crisis situation · Acute life crisis** and/or
- **Realignment**

Previous attenders of my practice found answers for their **problem situations** - in their business or private life - by making use of coaching or cognitive, behavioral therapy:

- **Stressful situations on-the-job** or **in private life** (e.g., with regard to performance and demand · mental over-/underload · job or private disbalance · role conflicts · critical life incidents)
- **Stress · Mobbing · Burnout**
- **Fear/unrest** (e.g. loss of job) · **Panic** (e.g. exam) · **Depression**
- **Lack of self esteem**
- **Relational desire · commitment problems · lovesickness**
- **Relationship disruption or crisis**
- **Fear of loss/separation anxiety · separation/divorce**
- **Aims/change in life** (e.g. job, career, relationship, family, way of life)

# Competence

My **competence as coach and psychotherapist\*** is the result deriving from various components. As a concerted mosaic they allow the attendee of my psychological practice – either as coachee in a coaching process or as patient in psychotherapy – to trust and to offer me and my consulting performance the confidence needed which is essential to get involved:

- **Consulting professionalism** as a result of my personal level of demand with regard to performance and respect when practising
- **Quality** as result of a demand-based delivery and approachable consulting attitude
- Multifarious biographic and professional profile by wide and deep **practical experience**
- Scientific and professional recognition by university graduation and degree as „**Diplom-Psychologe**“ and legal accreditation according to HPG\* as „**Heilpraktiker für Psychotherapie**“.
- Flexible knowledge and empirical competence completed by targeted **vocational education and training**

As **university psychologist** or **psychotherapist** (HPG\*) I focus and rely on a holistic approach when I am consulting in coaching or psychotherapy for individuals or pairs/dyads:

- Focussing on **your individual situation and requirements** I will work and communicate with you and forge our relationship on the foundation of my experiences, that I gained within 30 years of professional practice as academic psychologist and internationally assigned consultant
- Acting methodologically sound and flexibly with all my passion I will be substantially involved aiming at your **objective and specified targets**
- Integrating my psychological and therapeutical knowledge, skills and experiences I will help to promote your inner balance, to stabilize or even empower your psychological, mental health and to reinforce your sense of well-being
- Inducing my full expertise, operational readiness and devotedness I will concentrate with my entire professional passion on your **success**

# Practice



I am looking forward to receive your contact request – **individually** or **together**. Please use the options of a call or an on-site conversation for orientation and building trust.

## Access

### To come by car:

On my website find a roadmap and your way to my practice.

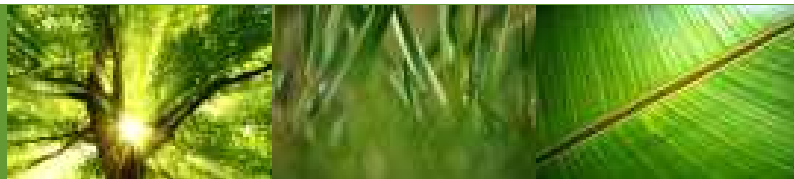
### To come by public transport:

From Frankfurt by train („S-Bahn“-S4) until final destination „Kronberg Bahnhof“, by bus 261 („Königstein“) within 5 min. until bus stop „Falkensteiner Stock“. The stairs close-by lead you to the residential area of „Eichenheide“ – find my practice in house number 12.



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**Academic Psychologist · Psychotherapist (HPG\*)**

\* according to German „Heilpraktikergesetz“

Eichenheide 12 · D-61476 Kronberg im Taunus  
Phone: 06173-5445 · Fax: -2786 · Mobile: 0163-777 88 00  
E-mail: joergmscholz@t-online.de · Web: www.joergmscholz.de