

*Welcome English speaker!*

*My name is Sandy Van Driessche, and in Sint-Pauwels (near Sint-Niklaas) I run a professional practice of Spiritual therapy / Life coaching & Relaxation therapy*

*Since 1999 I offer help, support & guidance through talk therapy sessions, methodic therapy sessions (e.g. EFT, EMDR, IEMT, Hypnose, ACT, Mindfulness...), meditations, yoga/breathing- and relaxation techniques, aura/chakra healing, and Karma cleansing.*

*Ever since my personal encounter with cancer in 2013, I am also an inspired onco-coach who wants to motivate (ex-)oncology patients towards positivity, health and Soul-healing.*

*I offer consultations & therapy-sessions in times of:*

- stuck in a negative situation,
- stuck with a blockage, a trauma, worries ...
- stuck in an emotion: guilt, despair, fear, confusion, anger, frustration, sadness, pain, depression, loss, stress ...
- life changing situations (with or without decisions to make)
- victim of bullying/violence
- shyness, shame, low self-esteem, communication problems,
- homesickness
- burn-out, bore-out
- relationship problems, abandonment, loneliness
- hoarding, compulsive hoarding, shopping addiction
- feeling lost, searching for ...
- faith & spiritual questions

*And advice & guidance with:*

- personal growth > image and profiling
- spiritual growth > mystic mindfulness
- start of a business, new job
- goal-setting assistance; target, plan and accomplishment projects
- discovering your hidden talents, your unique gift
- realization, acceptance, letting go, dealing with a disease/obstacle
- organic nutrition/cosmetics, healthylifestyle...
- mindfulness meditation and relaxation
- healing and (re-)balancing, grounding (body and mind)
- aging happier / menopause

*The therapy methods depend on my clients' situation(s). An Intake Interview will give clarity and define your situation and your expectations from therapy. My approach to find the right therapy is open and warm, not clinical. Trust, respect, human kindness and understanding are priorities. My practice space is Zen-, privacy- and truthfully oriented. The Lounge chair is available and each session ends with a relaxation moment...*

**ATTENTION!**

*Blockages/psychological problems can turn into physical problems such as insomnia, fatigue, heart disease, high blood pressure, skin irritation, all kinds of pain, loss/gain, hair loss, nausea... so ALWAYS CONTACT A PHYSICIAN first when these situations occur. As your therapist, I can still support and assist you through a medical recovery.*

*Consults & sessions fee: from 30 euros (1 hour) till 90 euros (3 hours)*

*Feel free to contact me for information by email [sandyvandriessche@gmail.com](mailto:sandyvandriessche@gmail.com)  
or phone: 0484.785.931*