

Maura Chari Professional brief

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 uses an integrative practice while working relationally with adults, teenagers, children, and parents. She believes that human growth and healing is in a constant dynamic process. She has been immersed in a multi-cultural life for more than two decades which equips her to sensitively traverse cultures and she brings this unique perspective while working with diversity.

Wherever Maura is located, she has continued with her pursuit of knowledge, she has received advanced training in India, US and Germany 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. Her 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 relational, professional, academic or family struggles.

Together with the client she endeavours 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.

She offers personal counselling/coaching and couple's counselling in English and German language.