



# Therapy

**In parallel with our work as industrial psychologists, we conduct therapeutic interviews, individually or as couples therapy**

The difference between coaching and therapy is that coaching focuses on how the person handles his job and professional life, while therapy focuses on the person himself, his life story, and his emotional life.

Often, the basis for therapy will be existential problems, mood swings, life crises ,or marital crises that make it necessary for the person to "work on himself."

The duration of an interview process varies greatly from person to person, and depends on the scope and character of the problem. An interview process can vary from 5-6 interviews all the way up to 1-2 years.

The frequency of interviews is determined as agreed, but will typically be approx. once a week or once every 2 weeks. The frequency of meetings will typically be higher during the initial phase than later on where interviews are scheduled at appropriate intervals.

**Interviews are conducted in accordance with guidelines issued by The Danish Psychological Association.**