

Why “therapy”?

On the surface, because at the moment life is not what you think it should be.

In essence, to find the truth, your truth.

In some way or other you have lost your vision of your truth, or realize suddenly that you never had one, or that the one you thought you had is not true at all, and that without it life is uncomfortable, sometimes very uncomfortable.

It is therefore crucial to find your truth : as somebody very famous said, “the truth will make you free” . Somebody else also said that the measure of someone’s adulthood is the amount of truth a person can tolerate.

What is “Boswijk” therapy ?

Boswijk therapy follows the emotional clues visible in the appearance of the client and the manner in which he or she tells his or her “story” in the “here and now”, in order to access the core of the question, usually an emotionally painful situation in the past, which is not yet discharged and therefore still influences the present.

How and why does the therapy work?

You are encouraged to look at the uncomfortable feelings that you are keeping under control (grief, anger, fear), and to experience them *to the full*, instead of avoiding them. Once you face and experience these feeling *totally*, the energy which you were using to keep the uncomfortable memories and feelings under control is liberated. When the blockage is truly breached, the solutions, decisions, necessary changes, insights , or *true acceptance*, float up within yourself to the surface, effortlessly and unexpectedly, often bringing a new and surprising understanding, a new (part of) the truth, a new sense of freedom, power and joy.

What can I do for you?

I will pay close attention to you, in order to discover the ways in which you avoid looking at your truth , point them out to you, and encourage you to look yourself at those truths which you have been avoiding , usually for a long time. Most of us are very reluctant initially to look at those truths, and my task is to encourage you to dare to look, to reassure you that looking at these truths will not harm you, to witness your discomfort , to accompany you through that difficult time, to support and help you along the emotional rollercoaster trip which is usually involved in such a journey of discovery.

What I cannot do for you.

As a therapist, I do not provide advice, solutions, universal truths, or instant and / or effortless improvement .

How much will it cost?

In order to make this form of therapy affordable for everyone, my fee per hour will be equal to your income per hour.

I have just completed the Boswijk therapist training, and I am looking for prospective clients to treat under the supervision of an experienced therapist.

If you want to know more about this therapy, or discuss the possibility of starting it, call my mobile number, preferably in the evenings, in order to arrange a prospective acquaintance.

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(I speak Spanish, English and Dutch,
and I live in Delft)

() given by the Boswijk Instituut, here in the Netherlands.*



*caminante, son tus huellas el camino, y nada mas ;
caminante, no hay camino;
se hace camino al andar.
Al andar se hace camino
y al volver la vista atrás
se ve la senda que nunca
se ha de volver a pisar .
Caminante, no hay camino
sino estelas en la mar*

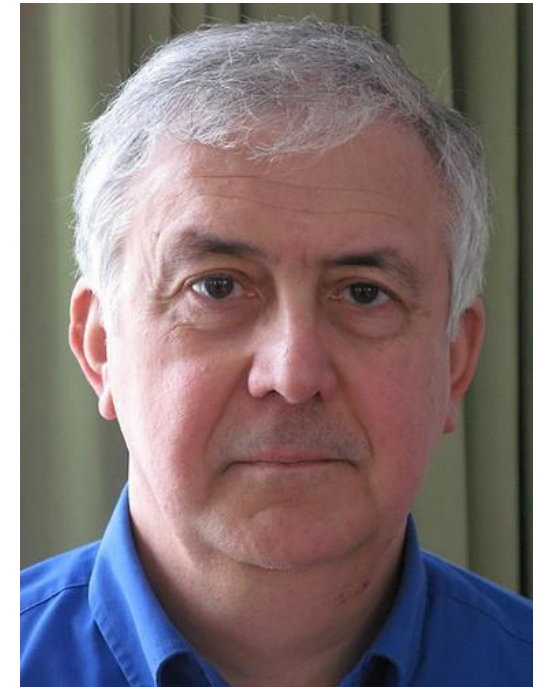
**Traveller, the way is made by your steps,
nothing else.**

**Traveller, there is no way, you make the way
as you walk.**

**The way you make as you walk,
and when you look back you see
the path that you'll never walk again.**

Traveller, there are no ways,

they are only wakes in the sea.



Fernando Criado Jiménez

TransGestalt Therapist

