

ALEX VAN OOSTVEEN



I welcome you to a space of reflection and transformation.

Using the Gestalt empty chair method, I gently guide clients to voice feelings or perceptions which have been internalised. These may relate to self, others, or even an abstract experience of life (emotions, decisions, struggles). You as client are in control of the process throughout.

The experience opens the way to resolve relationship challenges and emotional difficulties, explore inner conflicts, and discover new perspectives.

I offer the service in the quiet comfort of my home in McGregor, or in the serene surroundings of Temenos Retreat where stillness and nature contain the process with care.

I am certified as coach and coach supervisor, holding credentials with ICF (PCC) and EMCC (EIA, ESIA), and I am a member of the International Transactional Analysis Association.

I hold once-off appointments for Temenos clients, with the option to continue online thereafter if desired.

My rate for a 1-hour empty chair session is R500.

[Click here to book a session with me](#)

I look forward to connecting with you

