

Simon Orenbach

Simon is a wonderfully empathetic therapist, who succeeds in being challenging without ever being harsh. He has an incisive ability to see what lies beneath the surface and to talk his way into tackling the root of a problem, while remaining friendly and reassuring.

In our experience, Simon has been able to identify issues which other therapists have missed entirely. He is also particularly good at identifying what really matters and separating that from the extraneous details.

He is especially brilliant with teenagers and those with the special challenges of the autistic spectrum, putting them at their ease and encouraging them to feel that he is there to help them, while not allowing them to avoid tackling their problems.

As a parent, I always felt happy leaving my son in his care, knowing I could trust Simon's judgement absolutely. He succeeded in making my son face up to some very difficult issues, which my son would have much preferred to avoid. In spite of the unavoidable pain of doing this, Simon managed to inspire a very strong sense of trust in my son, who still regards him as a friend he can turn to whenever he needs help.

In our case, Simon's psychological help was literally a lifesaver. Our son had been severely traumatised by poor hospital treatment and was finding it impossible to trust a new team of doctors at a new hospital. He had been diagnosed with a fatal condition which could only be treated with a liver transplant, but he was so depressed and traumatised that he could not accept this. Simon worked with him intensively over a period of two years, gradually helping him to view his situation more optimistically and successfully preparing him to cope with the transplant.

We were particularly struck by the fact that Simon immediately gained his trust at the first meeting and never lost it. We had previously seen a number of other psychiatrists and psychologists, all of whom had completely failed to gain trust or even to get him to talk to them.

Our son now continues to see Simon as a life coach and therapist. He looks forward to the meetings and always comes out of them smiling and energised. Simon has a knack for helping him access reserves of confidence and strength to face the challenges of life.

Dennis and Jennifer Landsbert-Noon

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gsm: +32 (0)473 68 55 59