



Life Change Therapy
with
Alex Gunn and Chrissy Richman



Are you struggling with depression, anxiety, stress, dealing with difficult situations, or feel that you lack direction and uncertain how to improve things? Does everyone except you think you're happy and successful....that you've "got it all".

Alex and Chrissy have been helping people overcome life's problems for over 20 years. Over the past few years we have been running The Life Change Programme, a unique combination of sophisticated personality profiling, life coaching, recent advances in counselling based on motivational psychology along with evidenced based psychotherapy techniques.

We work with lots of busy successful people, including journalists, lawyers, architects and those in the arts and media, who are managing their lives and impressing their colleagues, whilst deep down feeling dreadful. "Career a success... relationships a disaster" is a familiar phrase.

Alex and Chrissy along with a handful of senior practitioners worked for any years with people suffering with traumatic conditions such drug and alcohol addiction, childhood abuse, eating disorders, depression, anxiety and a host of other issues.

Over 10 years ago they began working closely with cutting edge advances in motivational psychology pioneered by Dr. Bill Miller Emeritus Professor. After having trained with Dr. Miller and the originators of this new approach they now form part of their international network.

Anyone who wants to make life changes fast, or is having to cope with difficult situations, should come and visit Alen and Chrissy here at Chiva Som.

"...with Alex and Chrissy of the Life Change People I knew I'd hit the counselling and life coaching jackpot" - Tania Cagnoni, Conde Naste Editor and Travel Writer"