Mathias Maul, M.A.

Private Practise for Coaching and Psychotherapy est. 2001

Fully Remote • Private Retreats • House Calls

crisis -> clarity

TL;DR:

With 25+yrs of experience in both tech and therapy, I work with humans who want to go deep, fast. I'm irreverent and gentle, provocative, heartfelt and slightly irritating.

My clients are professionals, executives, founders, exiters: some are high-achievers who are suffering from their own success, others have yet to discover their sense of meaning, some might be devoid of real connections to others, or to themselves.

But hey, I'm just a human, so before you decide on anything, let's talk over coffee so we can see/feel if we resonate. Get in touch at hi@maul.fyi or on LinkedIn. Full confidentiality is, of course, guaranteed.

Specialities:

- ➔ Future anxiety and overwhelm in a BANI world [ℹ]
- ➔ Self-worth and impostor syndrome [ℹ]
- ➔ Post-achievement meaning and identity [ℹ]
- ➔ Relationships, intimacy, and authentic connection to others and one['s] self [ℹ]

Formats:

There is considerable overlap between coaching and therapy. As a rule of thumb, coaching is more of a *want* or *need* while therapy is more of a *must.* In our first (free and confidential) I will help you determine whether your issues and wishes fall more in the realm of coaching or therapy — in any case, I can offer both modalities in these formats:

- ➔ single sessions adapted to your schedule (between one minute and several hours)
- ➔ async work via email, messenger services, bespoke GenAI workflows or ticketing systems
  (yes, even Jira can be put to productive use)
- ➔ full-day intensives and multi-day private retreats

Methods:

(I'll happily explain all of this jargon if you'd like.)

- ➔ hypnosis & trance work (Ericksonian, modern and deep pattern hypnosis, trauma processing)
- ➔ evidence-based psychotherapy (CBT, ACT, solution-focused brief therapy, systemic approaches, thought restructuring)
- ➔ neurological & somatic methods (NLP, multisensory methods such as EFT or PEP, breathwork and body-based regulation, state management and emotional regulation, embodied change)
- ➔ systemic & philosophical (structual systemic constellations, stoic philosophy, habits and behavioral shaping, meaning-making)
- ➔ integration of GenAI-based tooling as an adjunct with *very* bespoke workflows that mold to your needs
  (I'm not chasing the hype here; I started my career as chatbot dev after my 1999 [sic] AI/ML M.A.)

Locations:

- ➔ fully remote by default
- ➔ private retreats in France, Switzerland, Japan, and nearly anywhere else
- ➔ for very specific needs, I'm doing house calls as well

Go deep, fast:

Write to hi@maul.fyi or connect on LinkedIn. Full confidentiality is assured; my team has no access to these inboxes.

Pricing:

Fees are retainer or time-based and vary with your specific needs. Our first conversation is free and nonbinding, of course, and the second one as well, if you wish. How long we work can never be predicted: everything

between one single call and a year of working in varied formats has worked for my clients in the past 25 years.

Languages and licensing:

I'm licensed for psychotherapy in Germany with my private practise registered in Hamburg and work in English and German, with other languages on request.

(Yes, therapy *can* work with a translator in-between.)

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The Google Docs privacy policies and this imprint apply with the following additions: In 2001, I received the license from the Frankfurt city public order office to practice psychotherapy (official wording is „Heilpraktiker, eingeschränkt auf den Bereich der Psychotherapie“) in Germany. The currently responsible regulatory authority is the health department of the Hamburg-Nord District Office, Eppendorfer Landstraße 59, 20249 Hamburg, Germany.