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AMSTERDAM

Therapy for

Psychological issues

Compulsive / addictive behaviour

Guidance for partners, close relatives, and friends

## Psychological issues

For most people life tends to go in cycles. There are the good times when we feel full of energy and able to take on the world, followed by times when we feel less energetic, more easily irritated or that everything is just too much. Feelings of pessimism, anxiety or panic can take over and we may experience stress, sadness or fatigue. If such feelings persist over a period of time, it is advisable to seek help. Do you recognize any of the symptoms below, or would you like to talk about another issue which is concerning you?

Please call or email me for a an initial introductory appointment during which we can see how I may be able to help you. No charge will be made for this introductory session.

Some common symptoms and issues:

- Mood: feeling despondent, dispirited, dissatisfied, worried, unable to concentrate properly.
- Anxiety: fear of failure, fear of (social) situations, feelings of inferiority, brooding thoughts, doubt and uncertainty.
- Panic: inability to leave the house (alone), palpitations, abdominal discomfort, hyperventilation, feelings of isolation.
- Energy: (chronic) fatigue, sleeplessness, burn-out.
- Stress: making over-exacting demands of oneself, perfectionism, feelings of agitation, feelings of lack of control.
- Sadness and grief: connected with work or health, loss of a loved one, loneliness, traumatic experiences.
- Identity and meaning?: Who am I? What do I want from my life? Making choices, setting boundaries.

## Compulsive / addictive behaviour

Compulsive behaviour is behaviour which you feel compelled to carry out, long after you have stopped wanting to. You will probably have tried to change this behaviour and you may have been successful for a while, only to find yourself suddenly relapsing. This behaviour will probably have negative consequences, not only for you but also for those close to you. There is a chance that you carry a secret around with you because you are too ashamed about what you have been doing for so long, or because you have promised so many times to mend your ways but have not been able to manage this. Are you suffering from any of the symptoms of compulsive behaviour listed below? Or do you feel caught in any other behaviour pattern which you feel powerless to change?

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Some common forms of compulsive behaviour

- Eating: too much, too little, unhealthy eating habits.
- Sex: being unfaithful, visiting prostitutes, (internet) pornography.
- Relational: co-dependency, merging with the other, consistently falling for the 'wrong' man/woman.
- Gambling: debt problems, impact on family, friends and work.
- Gaming and internet: problems at school, at work, with friends, family, extensive time-wasting.

## Guidance for partners, close relatives, and friends.

Most treatments focus on people who are themselves facing compulsive behaviour (or substance addiction) as described above. However, many of them may refuse to seek the treatment they need. Are you living with someone who is struggling with compulsive behaviour or addiction and is this having a serious effect on your life too? Would you like to learn how to deal with this more effectively?

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## My background, training and experience

After studying Psychology at the Free University of Amsterdam I continued to expand my knowledge in my chosen field by following various training programmes, and specializing in the psychology of Carl Gustav Jung and in Psychosynthesis. Both of these disciplines emphasize a holistic view of the human being, in which all aspects of body, feelings and mind are included. Both take the view that we are all born with innate qualities and talents and that the development of our potential qualities and our search for meaning is central to what it is to be human.

After graduating with a Masters, I worked for a number of years in the mental health care sector, most recently in an ambulant rehabilitation centre for alcohol, drug and behavioural addiction. In 2010 I opened my own private practice.

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Costs for treatment will be (partially) remunerated by most health insurance companies.

Associated with the NGVH + (registration nr. 0318), RBNG (licence nr. 205039R), AGB-code practice: 90-54223, AGB-code health care professional: 90-045575. VATnr. NL-109580886B01, Chamber of Commerce Amsterdam nr. 34376928.