

Professional Bio Example

When human beings experience trauma or severe life stressors, it is not uncommon for their lives to unravel. My great passion is bringing healing to people who have been through a traumatic/stressful experience.

I help my clients, who include children, adults and families, to find healthy perceptions of themselves and strengthen their relationships so they can know themselves as peaceful, complete, whole and safe.

I know that no single approach is the right one for every individual, and so I have been trained in a range of modalities including Relational Gestalt Therapy, Gestalt Play Therapy, Somatic Experiencing and NARM somatic approaches to the treatment of trauma

My educational background includes a MA in Counseling Psychology and a Doctor in Clinical Psychology from Ryokan College in Los Angeles. I have a B.A. in Psychology from the University of Stockholm, Sweden a graduate certificate in Gestalt Psychotherapy from the University of Derby in the U.K.