

I am a licensed Clinical Psychologist and Psychotherapist, bringing extensive experience and specialization as a Certified Cognitive Behavioral Therapist (CBT) from the Beck Institute (BICBT-CC) and as a Diplomate with the Academy of Cognitive and Behavioral Therapies (Dip.ACBT). My practice is grounded in the principles of CBT, but I take an integrative approach that allows me to incorporate a wide range of therapeutic techniques and strategies from various evidence-based modalities, creating a customized and holistic treatment experience for each client.

As a certified CBT therapist, I utilize the cognitive-behavioral model as the foundation for conceptualizing cases, understanding client needs, and planning effective interventions. However, my training and certifications extend far beyond traditional CBT, enabling me to enrich the therapeutic process with elements from Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Schema Therapy, and Compassion Focused Therapy (CFT), among others. This integrative approach empowers me to not only address clients' cognitive patterns and behavioral issues but also work with emotional regulation, values alignment, self-compassion, and interpersonal dynamics.

In my role as a university instructor and coordinator of therapeutic study groups, I have developed and led numerous workshops and programs that reflect my commitment to advanced training and continuous professional growth. Some of the key programs I facilitate include:

1. CBT Study Groups (Level 1, 2, and 3) are designed to teach participants about CBT principles, strategies, and their application with different disorders. The program emphasizes building therapeutic relationships, conceptualizing client problems, and designing tailored treatment plans, covering session structuring and various other CBT-related topics over a span of 6 months level 1 (Basics and Beyond), 6 months level 2 (CBT Applications for various disorders) and 1 year level 3 (CBT Topics).
2. ACT Study Group consists of weekly meetings that provide a platform for in-depth discussions, practical exercises, and experiential learning. Participants actively apply ACT principles in a supportive and collaborative environment, enhancing their skills and confidence in utilizing this evidence-based therapeutic approach. This 5-month program covers ACT session structure, goal setting, psychological flexibility, and self-compassion, fostering both theoretical knowledge and practical application.
3. CBTs-SS (Cognitive Behavioral Therapies in School Settings) is a 5-month transformative journey designed for weekly meetings, focusing on the

practical implementation of cognitive and behavioral therapies within school settings. The program aims to empower participants to create comprehensive counseling programs tailored for specific populations by integrating various therapeutic approaches.

4. ITCM (Integrating Therapeutic Strategies into the Cognitive Model) is an immersive and interactive 8-month program designed to immerse participants in the practical application of different therapeutic techniques. The program is centered around focused sessions, each dedicated to a specific topic within cognitive models, providing a nuanced understanding of therapeutic techniques through hands-on experiences.
5. RoR (The Rhythm of Relationships) is a 5-month program designed to teach participants various topics related to relationships, including romantic, friendship, and family. It helps clients define their vision, identify problems, and develop skills to work effectively with different aspects of relationships, fostering understanding and movement towards a rich and meaningful relationship in daily life.
6. DBT-S Study Group (DBT Skills Study Group) is a 6-month program where participants learn the four skills modules from DBT: mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. Participants explore these skills in depth, learning their application, rationale, and how to enhance a skillful life.
7. MAAN (Introductions to Brief Therapies) helps participants learn about different therapies by providing an introduction to various brief therapeutic approaches and their applications.
8. CTSP (Consultations to Students and Professionals) is meticulously crafted to foster a supportive environment for individuals in therapy, clinical psychology, educational psychology, and school counseling. The program's primary objective is to assist participants in refining their skills and employing effective strategies when working with clients, patients, or students.

My integrative training is extensive. Beyond my certifications in CBT, I am intensively trained in DBT through Behavioral Tech, where I completed modules on fundamental skills, advanced skills, and DBT-PTSD. My DBT expertise includes skills like Chain Analysis and Emotion Regulation, DBT Skills and Dialectical Strategies, which I integrate into CBT to enhance clients' resilience and emotional control. Similarly, I have undertaken extensive training in ACT with Dr. Russ Harris, covering applications for depression, anxiety, grief, trauma, and

relationships. This training enables me to incorporate ACT processes—such as values clarification and psychological flexibility—into the CBT framework, offering clients a balanced approach that addresses both cognitive patterns and life values.

Additionally, my advanced training in Schema Therapy with Dr. Remco Van Der Wijngaart, President of the International Society of Schema Therapy (ISST), allows me to integrate deep-rooted schemas, modes, unmet needs, therapeutic relationship and emotional themes within CBT treatment. Through Compassion Focused Therapy (CFT) training with Dr. Paul Gilbert, I bring self-compassion, compassionate mind and compassionate training skills into the CBT model, supporting clients in overcoming shame, self-criticism, and harsh self-judgments.

Throughout my career, I have specialized in treating a wide range of mental health issues, including:

- Depression and Bipolarity
- Anxiety Disorders
- Personality Disorders
- Trauma
- Emotional Dysregulation
- ADHD
- Relationships and Interpersonal Conflicts
- Grief and Loss
- Stress, Burnout, and Expat Adjustment
- Suicidality and Self-Harm
- Chronic Shame and Perfectionism

Each of my sessions—whether in-person or online—begins with a CBT-based case formulation to identify key cognitive patterns, behavioral triggers, and emotional responses. From there, I weave in techniques from multiple approaches to create a rich, multi-dimensional treatment plan that addresses the client's specific goals. For example:

- **DBT Skills** for emotion regulation, mindfulness, interpersonal effectiveness and distress tolerance allow clients to manage intense emotional experiences while working through core CBT tasks.
- **ACT Processes** enhance CBT's focus on cognitive restructuring by helping clients align actions with values, thus fostering greater meaning and resilience.
- **Schema Therapy** provides tools for identifying and modifying deep-seated beliefs, emotional modes attachment styles and unmet needs which can be essential for clients with personality disorders or trauma histories.
- **Compassion-Focused Techniques** build a supportive internal dialogue, essential for those dealing with harsh self-criticism, shame, or chronic low self-worth.

In addition to individual therapy, I am the author of "*A Therapist's Compass*," a book that serves as a comprehensive guide for mental health professionals seeking to hone their therapeutic skills. The book emphasizes the importance of connecting with an inner therapeutic compass, helping clinicians select the most effective strategies for their clients and empowering them to address complex clinical issues with confidence and precision.

In my work, I am driven by a commitment to continuous learning and excellence in therapeutic practice. By blending a solid foundation in CBT with skills from diverse therapeutic modalities, I am able to offer a unique and adaptable approach that helps clients achieve lasting, transformative change. Whether you're facing anxiety, trauma, relational conflicts, or stress, my integrative method provides a powerful pathway toward growth, resilience, and well-being. I offer both in-person and online sessions, ensuring flexible, accessible support that meets clients wherever they are on their therapeutic journey.