

## English-speaking Mental Health Specialists in Berlin



### SHANI (UK)

Shani St. Louis is a **psychological counsellor** and psychiatric nurse. She holds a BA in Psychiatric Nursing and a Cognitive Behavioural Therapy (CBT) diploma from Oxford University. She has a passion for creating a non-judgemental and open environment to support students.

**CBT, Eating Disorders, Anxiety, Emotional Disorders, Crisis Intervention, Mental Health Training**



### SARA (USA)

Sara is a **clinical psychologist** who holds an MA in Psychology in Education from Columbia University and an MS in Clinical and Counseling Psychology from Chestnut Hill College. Sara has worked with children in school and clinical settings, including her own private practice in Philadelphia.

**Family Therapy, Autism, ADHD, Learning Difficulties**



### ROSIE (UK)

Rosie is an experienced **psychologist and mindfulness teacher**. She holds an MSc. in Mental Health Studies from Kings College London and a BSc. in Psychology from Bangor University. Rosie is passionate about positive psychology and has worked as an evidence-based mindfulness trainer.

**Mental Health, Mindfulness Coaching**



### JUSTIN (USA)

Justin is a **social worker** and counsellor. He holds an MA in Clinical Social Work from Simmons University in Boston. He has a passion for helping young adults overcome a variety of trauma and stress-related issues.

**Counseling, Motivation, Drug & Alcohol Abuse, Depression, Cognitive Behavioural Therapy, Group Work, Mindfulness**



### SALLY (Australia)

Sally is a **psychologist** and holds a BA in Psychological Science from La Trobe University, and an MA in Clinical Psychology from Federation University. Sally has worked in a variety of school and clinical settings, including Australia's premier online mental health network.

**Mood Disorders, Learning Disabilities, Self-harm & Suicidality, Crisis Support, LGBTIQA+**



### NOA (Israel)

Noa is a **psychologist** who holds a BA in Psychology & Developmental Aspects in Education from Tel-Aviv University and an MA in Child Clinical Psychology from Bar-Ilan University. She has worked in both school and clinical settings.

**Austim, Family Therapy, Assessments, ADHD, School Interventions, Anxiety**

### 1:1 SUPPORT OR WORKSHOPS RELATED TO INTERNATIONAL LIVING AND LEARNING, INCLUDING:

- MINDFULNESS COACHING
- STRESS & ANXIETY
- EMOTIONAL DISORDERS
- TIME MANAGEMENT & ORGANIZATIONAL SKILLS
- CULTURAL TRANSITIONS
- HEALTHY BOUNDARIES
- SPECIALIZED SUPPORT FOR STUDENTS WITH LEARNING DIFFICULTIES
- RELATIONSHIP GUIDANCE
- SUPPORT & GUIDANCE FOR STAFF

### CONTACT US

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