

Rebecca



Rebecca is a Provisionally Registered Psychologist with a deep passion for helping individuals of all ages achieve their mental health goals. Rebecca's journey in the field of psychology has been an enriching and transformative one, marked by diverse experiences and a commitment to evidence-based interventions.

"In my professional journey, I've had the privilege of working with clients from all walks of life, and it's been a truly fulfilling experience. I find great joy in being a supportive companion on their journey to mental well-being. Whether it's children, adolescents, or adults, I'm dedicated to tailoring evidence-based interventions that suit each individual's unique needs and circumstances. This personalized approach lies at the heart of my practice.

Having lived abroad for a significant part of my life, I spent a decade in the captivating landscapes of Canada and Sweden. These international adventures not only broadened my horizons but also provided me with a unique perspective on the complexities of human nature and the universality of mental health challenges. The multicultural exposure enriched my understanding of the human psyche, which I now apply in my practice to create a culturally sensitive and inclusive therapeutic environment.

In a world where the journey towards mental health can sometimes be challenging, I'm here to offer guidance, support, and a listening ear. Together, we can explore the paths that lead to greater mental well-being and work towards achieving your goals.

Beyond my professional life, I'm a firm believer in the therapeutic power of art. I've always been drawn to various forms of artistic expression, and I find solace and inspiration in painting, drawing, and exploring the world of creativity. Art serves as a way for me to recharge and cultivate my own well-being, and I often encourage my clients to explore creative outlets as well.

Family is at the core of my life, and spending quality time with them brings immense happiness. Whether it's cozy evenings at home, adventurous outings, or simply sharing stories, my family is my anchor and a constant source of support. And of course, there's my very naughty beagle, who keeps me active with long walks and adds an extra dose of joy to my daily routine".