

CABINET DES BERGES
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Approche Centrée
sur la Personne
(selon Carl R. Rogers)



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I was born in London but Scotland soon became my home from early childhood until my twenties. My first area of work was in hotel management after completing a BA at Strathclyde University in Glasgow.

My post-study travels took me to the continent and to Switzerland, where I've been living for over thirty years. Whilst my children grew up, I helped run the family farm in Valais. When confronted by the increasingly challenging economic realities of farming in the 21st century, I had to seriously rethink my future.

The resulting transition culminated in 2007, when I qualified as a Clinical and Social psychologist at Lausanne University before spending several years training in France and Switzerland for my post-graduate qualification in Person-Centred Psychotherapy (Carl Rogers).

Since then, I have developed a special interest in the Pluralistic Approach to Psychotherapy, spearheaded in the UK in the 2000's by Mick Copper and John McLeod. This approach is a collaborative, integrative perspective, deeply rooted in humanistic and person-centred values. Its fundamental premise is that each client is unique and comes to therapy with different needs. A key element of this pluralistic perspective is shared decision making: talking to clients about what they want from therapy, and how they might most effectively be helped to achieve their aims/goals.

Over the years, I've worked and still work with clients who come to therapy with many forms of psychological distress. More recently, I've developed a particular interest in two areas. Firstly, I specialise in psychological distress and illness in work-related situations, such as burn out, bullying and harassment. Secondly, my practice focuses on the psychological challenges of life's transitions. This area includes a variety of situations: early adulthood; marriage; separation and divorce; pregnancy and parenthood; sexual identity; professional change; retirement; illness and disablement; grieving; migration.

Bilingual, I work in English and in French with an adult population. I'm a member of the Fédération Suisse des Psychologues (FSP) and the Person Centred Approach Society (PCA-ACP). I'm accredited at a federal level as a qualified psychologist and psychotherapist.