

I was born in London and then spent my childhood and early adult years in Scotland where I completed my first degree in Hotel Management and Tourism at the University of Strathclyde in Glasgow.

My professional choices brought me to Switzerland, where I have lived since 1983 and where my family has grown up. After acquiring a varied, rich and often atypical professional experience in diverse areas, I entered the world of psychology when I undertook my studies at the University of Lausanne in 2002 and obtained my degree in Clinical Psychology in 2007. Following my degree, I started my post-graduate qualification in Person-Centered Psychotherapy in the same year.

Professionally, since 2008, I have acquired a rich clinical and human experience in adult psychotherapy and psychiatry in private practice with a small team of professionals, including a psychiatrist and fellow psychologists and psychotherapists. Having accompanied adults from very diverse walks of life and backgrounds, my psychological and psychotherapeutic interventions have been equally as varied.

I am a member of the Swiss Federation of Psychologists (FSP) and the Swiss Society for the Person-Centered Approach (pca.acp). I work with people experiencing various life difficulties, including: depression, anxiety, bereavement and grief, physical or verbal abuse and violence, bullying and harassment and burnout. I will also gladly accompany those going through the different and often challenging periods of change or life's transitions such as marriage, parenthood, mid-life crisis, divorce, retirement, professional changes or new life perspectives.

As from January 2015, I am delighted to join the team of psychologists and psychotherapists at the Cabinet des Berges in Vevey for adult individual consultations. I am bilingual and am happy to accompany you in French or in English.