

CHRISTINA HOFMANN-BROUSSARD

Psychologist



Details

- € EUR 80.00 / session
- 📺 Online sessions available
- 🌐 English
- 📄 Download PDF

About Christina

One of the biggest challenges in life is to move past pain and trauma. Bad habits can originate from these experiences or they can develop gradually over our lifetime. Overwhelming emotions make us feel we're struggling and can cause us trouble in our careers and relationships. We often can't seem to make lasting human connections and feel unfulfilled in our lives. Are you preoccupied by anxious thoughts? Are you unhappy with your existence? Or do you feel like something's missing? Do you need help in achieving your goals?

I am Christina Hofmann-Broussard, an Australian psychologist, with an interest in treating common mental health issues like depression, anxiety, trauma and anger, whilst also working with individuals undergoing difficult life transitions. I help adults and adolescents develop greater self-awareness that can result in an improved ability to live intentionally, rather than operating in 'automatic pilot mode'.

My approach employs Cognitive Behavioral and Acceptance & Commitment Therapy. Practical strategies are utilized to help develop more functional ways of addressing problems and of managing emotional discomfort. Utilizing warmth and humor in my counseling sessions, I can help you to build valuable life skills and overcome barriers to your personal goals.

As well as psychological therapy, I provide services such as assessment and diagnosis, communication skills training, problem-solving skills development, goal setting, meditation training and more.

In today's times, there is greater understanding that a healthy mind is just as important as a healthy body and that training one's mind to become stronger is a skill that can be learnt. Let me assist you in becoming a 'mentally-well being'.

Education & Experience

- 2017-2018 Psychologist
Mindquater, Berlin, Germany
- 2016-2017 Psychologist
SIA Medical Centre, Melbourne, Australia
- 2014-2016 Psychologist
Three Seas Psychology Group, Melbourne, Australia
- 2014-2015 Caseworker
Asylum Seeker Resource Centre, Melbourne, Australia
- 2014-2015 Psychologist
MAXimus Solutions, Gold Coast, Australia
- 2012-2014 Master of Clinical Psychology
Griffith University, Australia
- 2010-2011 Mental and Public Health Researcher
University College London, UK
- 2009-2011 Master of International Public Health
University of QLD, Australia
- 2007-2009 Mental Health Researcher
Orygen Research Centre, Melbourne, Australia
- 2004-2006 Post Graduate Diploma of Psychology
Monash University, Australia
- 2000-2004 Bachelor of Arts (Psychology)
The University of Melbourne, Australia