

JOHANNE SCHWENSEN

Clinical Psychologist



About Johanne

People are the experts in their own lives. This is why supporting the individual in being his or her own therapist is the primary purpose of my work as a Danish- and English-speaking clinical psychologist working in Berlin. In order to enable you to cope with current difficulties, together we'll explore the past and present narratives of your life and help to thicken those which reveal ability and positive attributes.

I cherish the narrative motto: "The person is not the problem, the problem is the problem" and therefore my focus involves a process of externalizing the problem, co-investigating its influences, and supporting the person in "re-authoring" his or her experience and identity to include sufficient commitment, hope and resistance to the problems.

Overall, I have found that a collaborative use of narrative strategies, cognitive-behavioral tools, and mindfulness methods tailored for your specific needs, works best in overcoming concerns and difficulties. More specifically, I have a special interest in all symptoms related to panic attacks, anxiety, stress, relationship difficulties, and anger management, as well as issues related to loss of meaning and parenthood.

I completed my education as a psychologist at the University of Copenhagen in 2013, with a master's degree and experience within the fields of narrative therapy, cognitive-behavioral therapy and acceptance and commitment therapy (ACT). I have work experience with both individual and couples' therapy as well as crisis intervention.

On a more personal note, for most part of my life I have been an expat myself, living for many years in Riyadh and Buenos Aires and now of course Berlin. I therefore have a good understanding of the difficulties that can arise when having to integrate into a new society.

Education & Experience

- 2016-today Hosting mother group 'Beyond Diapers' Berlin
- 2014-2016 Counsellor Stillpoint Spaces, Berlin
- 2013-2015 Counsellor CBT, Berlin
- 2012-2013 Narrative Counsellor Narrative Perspektiver
- 2012-2013 Couple's Counsellor DISPUK, Copenhagen
- 2011-2013 Crisis Consultant FALCK, Copenhagen
- 2011-2012 Intern and Coordinator DISPUK, Copenhagen
- 2007-2013 MSc Clinical Psychology University of Copenhagen

Details

- € EUR 80.00 / session
- 📶 Flexible pricing available
- 📺 Online sessions available
- 🌐 English, Danish