

Insight clinic

Our clinic philosophy emphasizes the importance of prioritizing mental health, acknowledging happiness as an essential component, and recognizing self-care as a necessary practice towards overall well-being.

[Book an appointment](#)[Read more](#)

what our clients says

"Mental health is not a destination, but a process. It's about how you drive, not where you're going."

Noam Shpancer



what our clients says



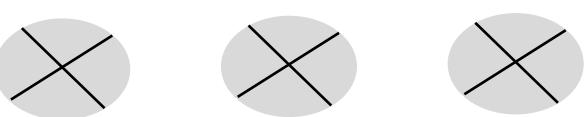
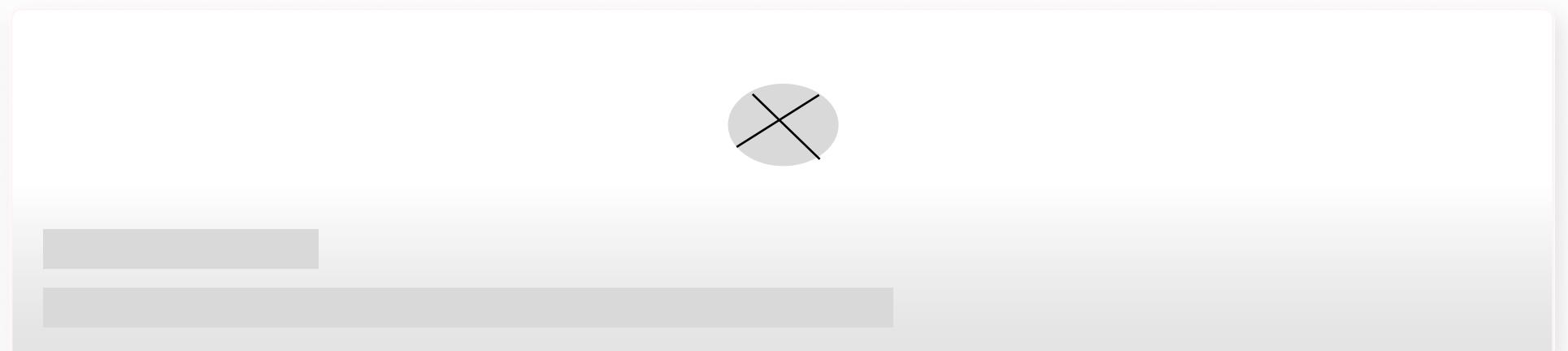
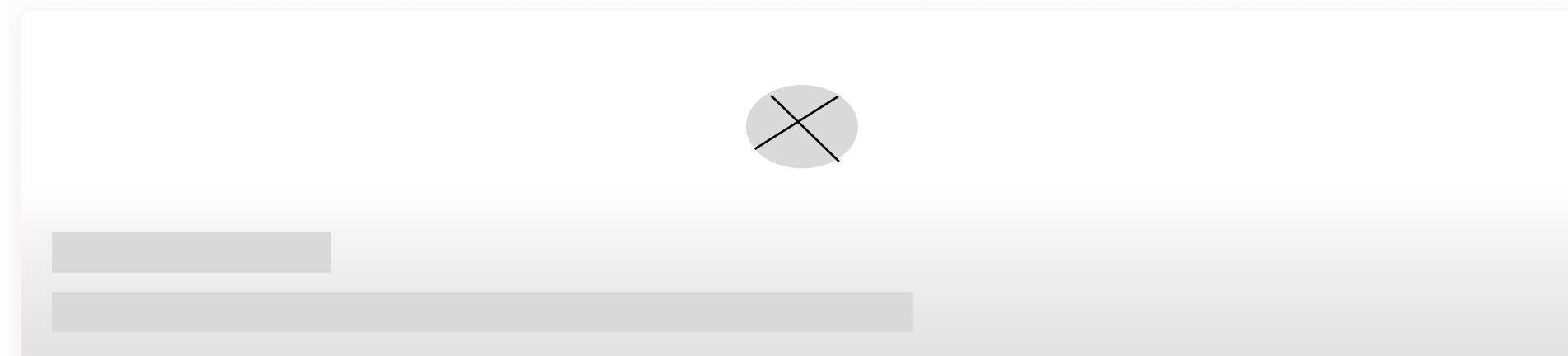
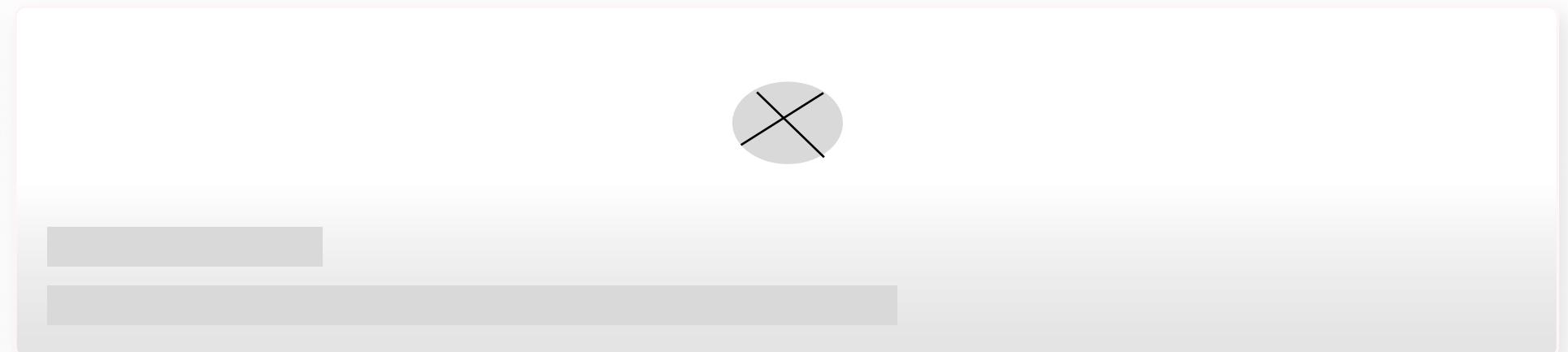
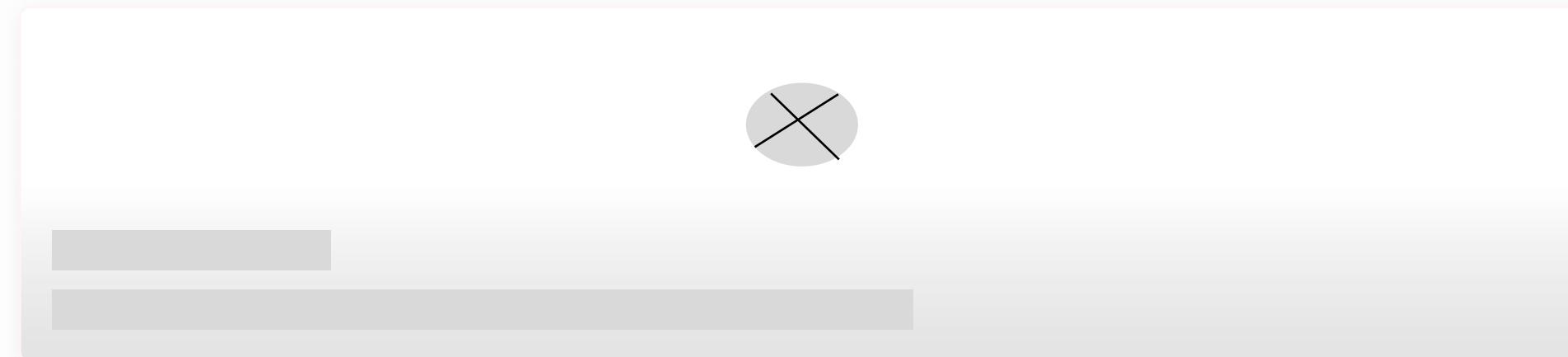
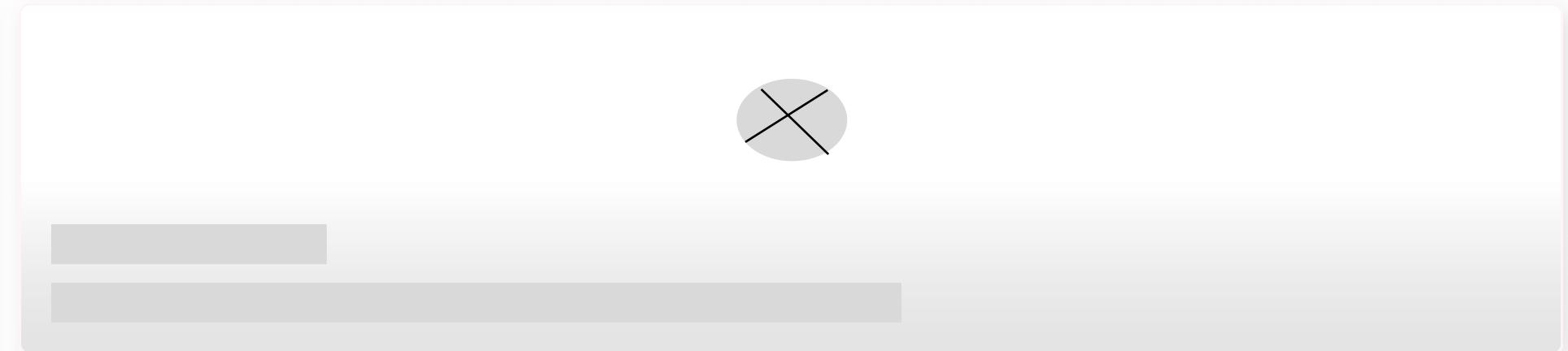
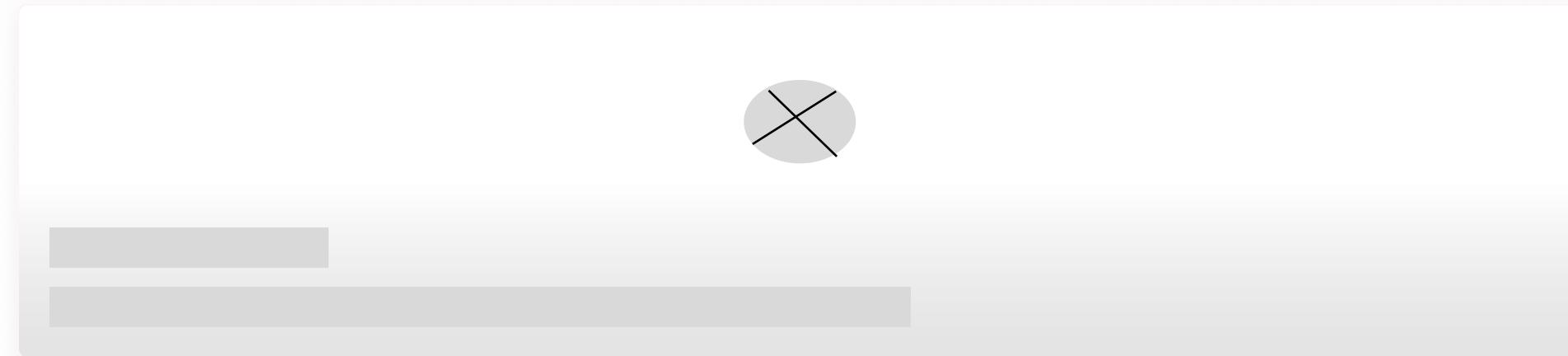
I can't express how grateful I am to Insight's CBT program for transforming my life. The therapist was amazing and provided me with practical tools and strategies to manage my anxiety. Thanks to their help, I am now able to enjoy a more fulfilling and joyful life. I highly recommend their CBT services to anyone going through mental health challenges.



Insight's tele- counselling was a game-changer for me. As someone who lives in a remote area, it was difficult to find mental health services nearby. But the highly professional therapist provided me with the support and guidance I needed to overcome my mental health issues. I am grateful for the convenience and flexibility that tele- counselling offers.

Rana

mohammad



Our Services



Cognitive Behavioral Therapy (CBT)

At Insight, our Cognitive Behavioral Therapy (CBT) program is designed to provide personalized psychotherapy that prioritizes modifying negative thought patterns and behaviors to improve the mental and emotional wellness of our clients.



Tele-counseling

Insight's Tele-counseling service is designed to provide our clients with access to therapy sessions from the convenience and comfort of their own homes. By using video or phone calls, our clients can receive the same level of care.



Couples Counseling

Insight's Couples Counseling offers a safe and supportive environment for couples to address relationship issues with the help of trained therapists. We use evidence-based techniques, including communication skills training and conflict resolution strategies, to promote healthier relationships.



Refugee Mental Health

Insight's Refugee Mental Health services provide tailored support to refugees and asylum seekers facing unique mental health challenges. Our approach includes trauma-focused therapy, cultural sensitivity training, and assistance with navigating resettlement in a new country.



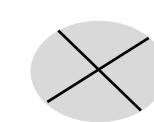
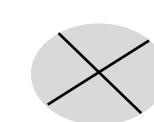
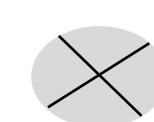
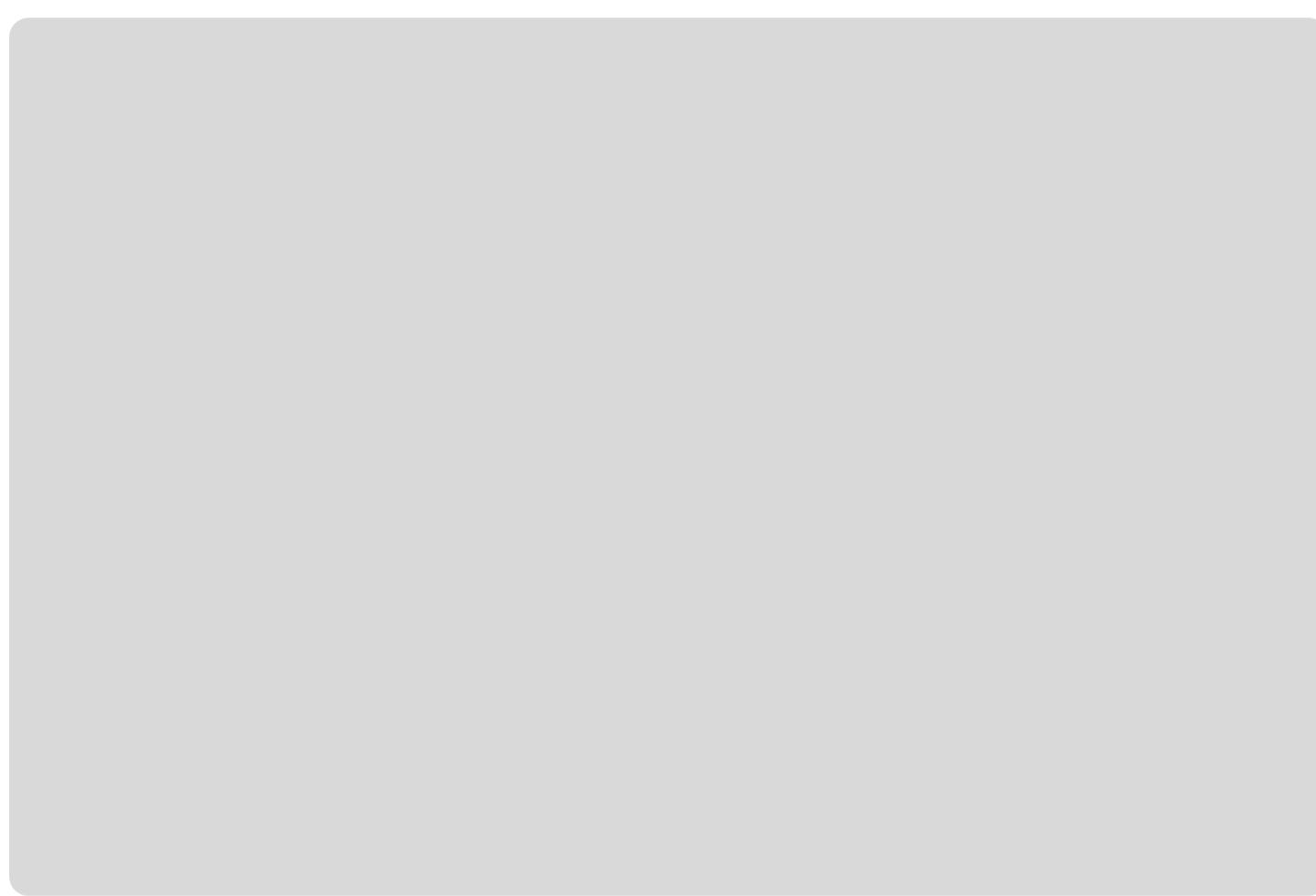
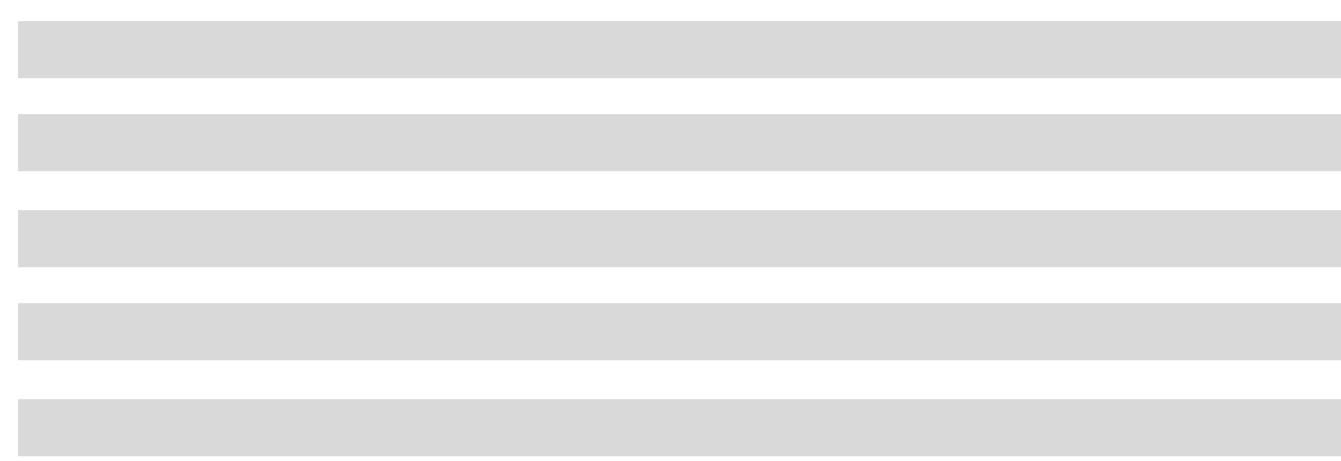
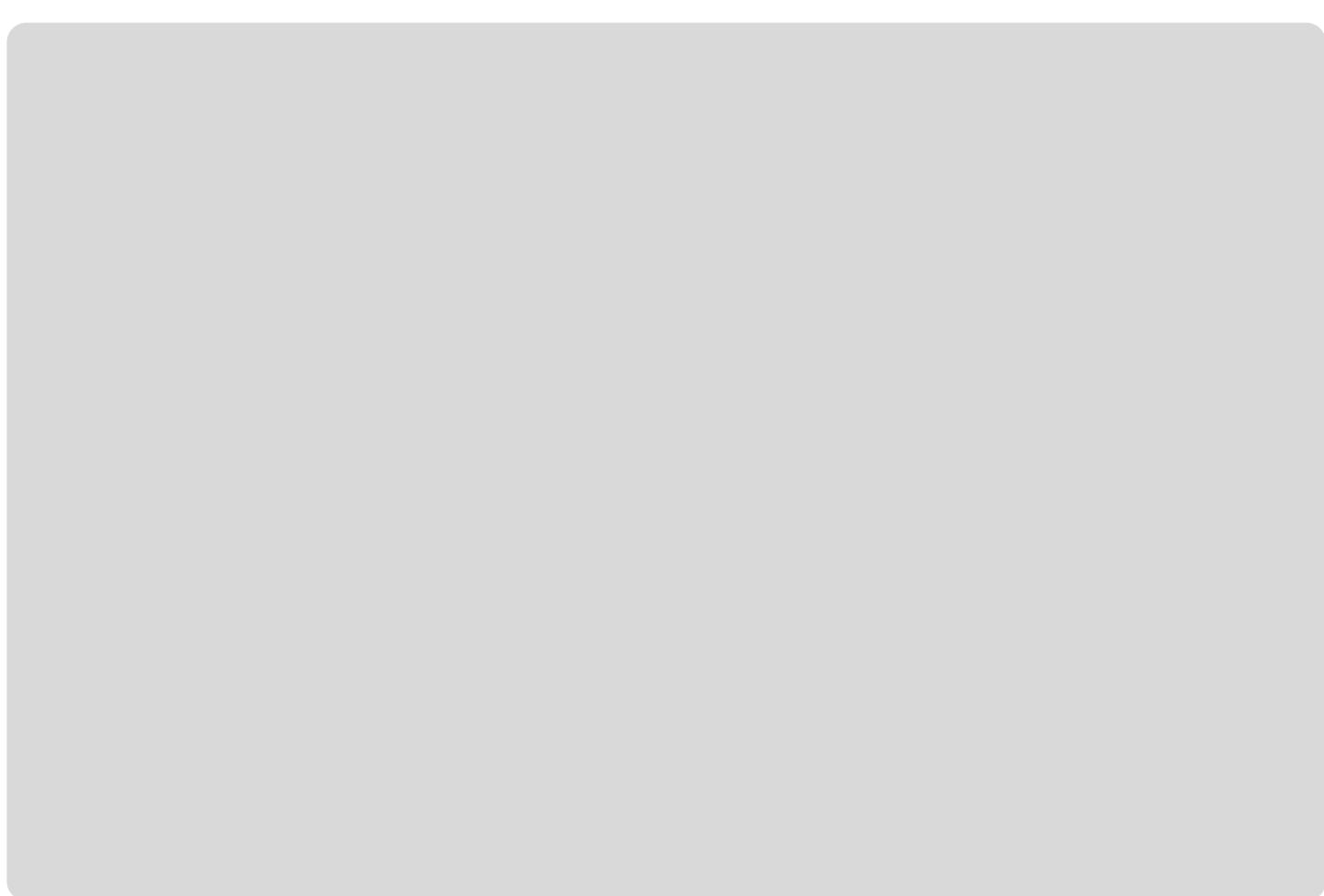
Mindfulness-Based Therapy

At Insight, our mindfulness-based therapy is designed to help individuals develop a deeper awareness of their thoughts and emotions, and to learn techniques to manage them in a healthy and positive way. Our experienced therapists will guide you through mindfulness exercises and provide support to help you achieve a greater sense of calm and balance in your daily life.



Family Therapy

Insight's Family Therapy program provides a safe and supportive environment for families to work through their unique challenges. Our therapists focus on improving communication, building stronger relationships, and developing effective problem-solving skills. We believe that by addressing these issues together, families can create a healthier and more harmonious home environment.



About



At Insight Psychological Clinic, we are committed to helping individuals, couples, and families overcome psychological challenges and achieve optimal mental health. Our team of experienced mental health professionals are dedicated to providing personalized and evidence-based treatments to meet the unique needs of each client.

At Insight, we believe that everyone has the capacity for growth and change and that therapy can provide the tools and support needed to achieve personal goals. We are committed to creating a warm and compassionate environment where clients feel safe to explore their thoughts and feelings. Our therapists work collaboratively with clients to identify their strengths and challenges and to develop personalized treatment plans that are tailored to their specific needs.



Our Team



Dr.Ahmad
psychologist

a compassionate and skilled psychologist with a doctoral degree in psychology.



Phy.Sara
psychologist

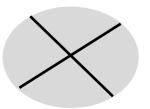
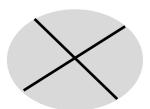
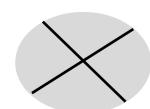
experienced psychologist who is committed to helping individuals improve their mental well-being.



Phy.Sami
psychologist

An Empathetic psychologist guiding individuals on their mental health journey with care and expertise.

Contact Us



Leave a message here

First Name

Last Name

Subject

Phone Number

Message

Send

Contact Us



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Orange Coding Academy