Welcome

In today’s society we face an increasing amount of stress in both our personal and professional lives that negatively affects our mental health. Under these circumstances, struggling is normal and you don’t have to experience it alone. At Stepping Stone Psychology will provide you with a safe and accepting space to share your concerns, without judgement.

Stepping Stone Psychology provides psychological services for any struggles you may be facing, available both face-to-face and online. Through therapy you will get to know yourself better and together we can tackle your concerns.

Approach

Cognitive Behavioural Therapy, or CBT, is used successfully all over the world. It has been proven to be effective in treating a variety of psychological complaints and can be tailored to each client’s needs. Negative thoughts and unhealthy behaviour are examples of common and concerning symptoms that can be managed thanks to CBT. It is based on the simple concept that our thoughts, emotions and behaviour are all linked. One leads to the other, and so, changing one can lead to positive changes in the other.

Therapy sessions can also be influenced by other styles of therapy, but above all they will be guided by the needs of the client.

About

Hi, I’m Sofia

Although I am originally from Bologna, Italy, I have spent most of my life in South Africa, and now reside in the Netherlands where I completed an MSc in Clinical Psychology. Growing up in South Africa, I experienced a different way of life than most European children. These experiences continue to enrich my perspective of life and of psychology. South Africa is also where I obtained the first two of my three degrees and discovered my passion for learning, particularly about the human mind and behaviour.

My experience includes working as a counsellor for children and adolescents, supervising contact sessions between children and parents under investigation by courts, various therapy groups and workshops, coaching and most recently psychotherapy with university students. My work experiences and established education fuel my passion for better mental health for all. My goal is to empower my clients in becoming resilient when facing life’s struggles.

Common Issues Addressed:

* Anxiety
* Depression
* School/University Stress
* COVID-19 Struggles
* Identity Development
* Substance abuse
* Grief/Loss
* Divorce
* Trauma
* Communication Issues

Contact

Coming here today is the first step on your path to better mental health. Continue this journey and book a session through the contact form today.