

GIULIA BORRIELLO

Psychotherapist



About Giulia

"Every person is the result of his own reality-construction". This statement is at the base of my cognitive therapeutic approach. And maybe it has also become my personal approach to problems. Thus, I am interested in your individual way of being, and how you represent your own unique life – exploring with you how it was created.

I am an Italian clinical psychologist working as an expat in Berlin since 2013 with individuals and couples, but only for Italian-speaking patients. I strongly believe in the results showing that mother-tongue therapy is the most effective one, which is also why I founded, with some colleagues, the first Italian mental-health association in Germany, Salutare e.V., in 2014.

In Berlin, since the first months of my arrival, I started working in my private studio but I am also still collaborating as a psychology consultant for AWO Kreisverband Spree-Wuhle in Friedrichshain-Kreuzberg, where I coordinated many Italian-speaking self help groups and therapeutic creative-writing groups.

Always working in a team made me open-minded and passionate about my job, sailing from the psychiatric and neuroscience research fields to clinical specialization in anxiety, stress and mood disorders since 2001.

A bit of empathic humour is my personal touch, if you would ever ask my clients to tell you a bit about me.

Education & Experience

- 2014-now Trainer for "Le Balene Possono Volare" Scritturoterapia and Psicologia dell'Intervista workshops, Berlin
- 2014-now Psychology consultant and Group Coordinator Bayouma Haus AWO, Berlin
- 2013-now Founder and Management Board Member Associazione per la Salute Mentale Italiana in Germania, Salutare e.V., Berlin
- 2014-2017 Italian Psychologist Praxis SVARC, Berlin
- 2009-2013 Psychology consultant and Researcher CEDANS Centro Europeo per Disturbi Emotivi e da Stress, Milano
- 2009-2013 Psychology consultant and Researcher VSB Clinica di riabilitazione Psichiatrica (Disturbi dell'Umore e d'Ansia), Como
- 2009-2013 HR consultant and management board partner Online s.p.a., Novara
- 2008-2012 Psychotherapeutic specialization degree school in Cognitive Constructivism Centro terapia Cognitiva, Como
- 2001-2009 Grant Researcher and Psychologist Trainee Centro Disturbi d'Ansia, San Raffaele Hospital, Milan
- 2008 Master of Affective Neurosciences Maastricht and Florence
- 2007 MSc Clinical Psychology San Raffaele Hospital University, Milan

Details

- € EUR 90.00 / session
- 📺 Online sessions available
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