In 2014 Dr. Lorena got a Dubai Health Authority Licence as Clinical Psychologist and provides services of psychotherapy in a wide range of mental health and emotional issues.

The service is aimed at adults (individuals and couples ).

Therapies:

Cognitive Behavioural Therapy ( third wave approach)

Post-Rationalism Cognitive Therapy

Attachment theory

Mindfulness Approach

EMDR

Marital/couple Therapy ( Gottman approach)

Expertise

Anxiety Disorders ( Panic attack, Generalized Anxiety, Social Phobia, Specific Phobia , Obsessive Compulsive Disorders)
Mood Disorders ( Major Depression , Post partum Depression, Cyclothymia, Dysthymia)
Adjustment Disorders

Personality Disorders (Narcissistic Personality Disorder. – Avoidant PD- Dependent PD.)

Eating Disorders -Anorexia-Bulimia- Binge Eating Disorder
Relational Difficulties

Worry and Rumination

Workplace stress and burnout
Self- esteem
Parent training

Post -Traumatic Stress Disorder

Qualifications and memberships

Master’s Degree in Clinical Psychology-University of Padua(Italy)

Postgraduate degree in Cognitive Therapy – Postgraduate School of Como (Italy)

Postgraduate degree in Counselling-University of Brescia (Italy)

EMDR- level 1 and 2

Couple Therapy Gottman Method -Level1

Member of Italian Society of Psychologists-Pychotherapists - Lombardy Region

Member of CBT–Italy

Dubai Health Authority Licence