Dr. Ana Georgieva

Partner

Ana is a Chartered Counselling Psychologist. After obtaining her qualifications and practicing in Edinburgh UK, she relocated to the sunny Maltese Islands where she currently runs her private practice. She provides individual psychological therapy to adults face to face and online. She delivers wellbeing workshops to organisations and to the public and is also involved with the University of Malta's Dissertations Committee. Ana's professional interest lies in the treatment of Anxiety and its disorders (phobias, social, panic, health, somatization etc). She often works with clients experiencing depression, difficult adaptation to health or life conditions, relational problems, bereavement, low self-esteem, eating disorders, weight management issues and others. Ana draws on CBT, MBCT and Person Centred Therapy (PCT) and is highly influenced by Existential and Positive psychology schools of thought. She is on the Board of Directors of a Non-Profit Foundation delivering trauma centred interventions to asylum seekers. Ana holds high respect for diverse cultural issues and welcomes clients from all cultures and walks of life.