



BioPsychoSocial Clinic

Laurence Moriette

Counselling Psychologist & Psychotherapist

I am a UK trained -yet French- psychotherapist with more than 25 years of experience in the field, the last 15 in Dubai.

I once identified as an Existential Phenomenological Psychotherapist and the ideas of responsibility, choice and what it means to be human still form the backbone of my practice.

I have since trained in Systemic Therapy, Emotion Focused Therapy and Gottman therapy for couples and have recently completed level 1 of Internal Family System training. This approach recognizes the multiplicity of parts within us, acknowledging the meaning and usefulness of what are often called 'symptoms. Part of my work now entails an exploration and acceptance of all the parts that make ourselves with an important focus on emotions and self-regulation.

As a psychotherapist, I focus on the whole person and their context. I see my work as fostering resilience and change. I tend to move away from labels and diagnosis, my aim being to help clients gain insights into their difficulties or distress, to enable them to become more resilient and accepting, and to accompany them in their journey of self-discovery and change.

This is done through exploring feelings, beliefs, thoughts, and relevant events in a structured, non-judgmental and safe way. It also entails making explicit what has previously been left unspoken. Our work together will focus both on the past – upbringing, family patterns and dynamics, traumatic events – and on the present – the management of symptoms, and the implementation of changes.

My work has also been influenced by the practice of Yoga and Tibetan Buddhism. I have been a meditator for the last 30 years and I often integrate Mindfulness into my therapy work, either as a tool or a stand-alone practice.

Works with Patients:

Adults (18 yrs+), Adolescents (12+)

Languages:

English, French

Setting:

- In-person



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- Online (minors excluded)

Services Offered:

- Individual Therapy for Adults and Adolescents- both short and long term
- Couple Therapy
- Divorce Mediation, Post-Divorce Mediation
- Co-parenting guidance
- Marriage preparation programme

General and Specific Concerns for Adults/Adolescents:

- Anxiety/ Panic attacks/ Social anxiety/ Separation anxiety
- Attachment issues
- Depression/ Isolation/ Burnout
- Adjustment issues to recent life events such as relocation/ divorce/ bereavement
- Couple dynamics and communication
- Emotional self-regulation
- Marital issues
- Trauma therapy
- Existential/ spiritual crisis
- Addictive behaviours
- Eating disorders

Qualifications and Memberships:

- MA (merit) in Psychotherapy and Counselling, City university, London
- Advanced Diploma in Existential Therapy, School of psychotherapy and Counselling, London
- Diploma in Systemic therapy for families and couples, Institute of Family Therapy, London
- Trained in Gottman therapy for couples- level 1
- Externship in Emotion Focused therapy (Sue johnson)
- Trained in Internal Family Systems- level 1
- UKCP (United Kingdom Council for Psychotherapy) accreditation since 2003
- Member of The Society for Existential Analysis since 2003



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