

Title	Name	Location	Profession	Target Age Groups (Children, teens, young adults, adults, seniors)	Primary Areas of Focus (e.g., anxiety, depression, trauma, ADHD, eating disorders)	Therapeutic Modalities (e.g., CBT, DBT, EMDR, ACT, Psychodynamic Therapy)	Education (Degrees, Universities attended)	Certifications & Licenses (E.g., Licensed Psychologist, LMFT, LCSW, CBT Certification)	Years of experience in Mental Health same or similar to current occupation	Professional Memberships (APA, BACP, etc.)	Languages Spoken	Session Format (In-person, online, hybrid)	Types of Therapy (Individual, couples, family, group therapy)	Availability & Booking Process (Waitlist status, how to book a session)	Insurance & Payment Options (Private pay, sliding scale, insurance accepted)	Cultural Competency & Inclusivity (LGBTQ+ affirming, BIPOC, neurodivergent-affirming)	Websites and/or Socials	Notes
Dr	Silja Livin	Sintra	Psychologist	Teens and young adults	Resilience, prevention, depression and anxiety	CBT, Systemic family Therapy	PhD, Ludwig Maximilian University	CBT and Systemic Family Therapy Certification	Since 2013	BAP	English, German, Ukrainian, Russian, Polish	N/A	N/A	N/A	N/A		<a href="https://www.therapist.com">https://www.therapist.com</a> and <a href="https://www.linkedin.com">https://www.linkedin.com</a>	
Cl. Psychologist	Valentyna Zhebrovska	Cascais	Clinical Psychologist & Psychotherapist	Teens, adults	depression, anxiety disorders, crises	Psychoanalysis	MSc in Psychology, Taras Shevchenko National University of Kyiv, Kyiv, Ukraine; Sigmund Freud University (SFU), Kyiv Campus, Ukraine	Psychoanalysis Certification (in progress), Sigmund Freud University (SFU), Kyiv Campus, Ukraine			English, German, Ukrainian, Russian, Polish	N/A	N/A	N/A	N/A			
Ms	Anastasia Scott	Ericoira e Lisbon	Psychotherapist (HCPC & BAAT accredited, London trained)	Mothers, teens & children	<b>Teens &amp; children:</b> anxiety, neurodiversity, school stress, self-confidence, low mood, developmental issues <b>Mothers:</b> life changes, burnout, anxiety, navigating motherhood & personal transformation <b>Couples:</b> I also see couples at a lower rate as I am studying for a Couples Certificate (London, Gestalt Centre)	Psychodynamic model blended with creative methods	BA, University of Bristol, UK PGCE, London MA, Roehampton University, London Couples Certificate- in progress	Fully registered & accredited UK Trained Psychotherapist	8 years Experience in London NHS services, international clinics, the charity sector, private practice and schools	HCPC	Native English	In-person and online	Individual and couples	Free introductory call (15 mins) please email <a href="mailto:asia@manych.apters.com">asia@manych.apters.com</a>	Aviva or private pay	Fully inclusive practice of every culture, background and sexuality	<a href="http://www.manych.apters.com">www.manych.apters.com</a> *Currently undergoing a rebranding process*	Also on Its Complicated: <a href="https://itscomplicated.itsfindatherapist.com">https://itscomplicated.itsfindatherapist.com</a> and <a href="https://www.linkedin.com/company/psychotherapist-anastasia-scott">https://www.linkedin.com/company/psychotherapist-anastasia-scott</a>
Dr. phil.	Iliana Serbanescu	Cascais	Psychologist, Life & Business Coach	Adults (+18 yrs)	Stress, resilience, self-esteem, relationships, moving & living abroad, grief, burnout (prevention & recovery), career success & transitions, leadership, mental health related to work & career	Integral Life Coaching, ACT	B. Sc. in Psychology (FU Berlin); M. Sc. in Psychology (HFU Duesseldorf); Ph. D. in Psychology (Heidelberg University)	Licensed psychologist (Germany), EASC certified coach	since 2016		English, German, Romanian	In-person, online, hybrid	Individual & groups	We will figure out if we can work together after a first free 30 min. discovery-call with me people can book through: <a href="https://www.itsfindatherapist.com/itsc-serbanescu">https://www.itsfindatherapist.com/itsc-serbanescu</a>	private pay	accepting and respecting EVERYONE with love!	<a href="https://www.itsfindatherapist.com/">https://www.itsfindatherapist.com/</a>	You can also book my services as an employer, besides sessions, I do also host workshops & trainings for companies around mental health at work: <a href="https://www.itsfindatherapist.com/offer">https://www.itsfindatherapist.com/offer</a>
	Lucy Roberts	Cascais	Psychotherapist	Adults (+18 yrs)	Addictions, ADHD, anxiety, depression, self-esteem, stress, burnout, family, relationship and attachment issues, fertility, life and career transitions, grief, trauma & personality disorders	Psychology MA, Psychotherapy MSc					English	In-person, online, hybrid	Individuals	Availability	private pay		<a href="https://www.therapeutic.org.uk/theasp/itsc-lucy-roberts/">https://www.therapeutic.org.uk/theasp/itsc-lucy-roberts/</a>	
LPC	Allison Edwards	Cascais	Counsellor	Children	resilience, anxiety and parent coaching	Registered Play Therapist as well as a Licensed Professional Counsellor.	Vanderbilt University		20+ Years		English	In-person, online, hybrid	Individuals	Availability	private pay		<a href="https://www.allisonedwards.com/about">https://www.allisonedwards.com/about</a>	
Dr	Alish Rodgers	Manique	child psychologist	2 To 25	addictions, ADHD, anxiety, depression, self-esteem, stress, burnout, family, relationship and attachment issues, fertility, life and career transitions, grief, trauma & personality disorders	CBT and solution focused therapy with individual and groups of children. I have worked in multi-disciplinary settings for diagnostic ASD and ADHD assessments.	Doctorate in Educational & Child Psychology at University College London		Since 2010		English, Irish, conversational French	In-person, online, hybrid	Individuals	Availability	private pay		<a href="mailto:info@teunf.co.uk">info@teunf.co.uk</a>	
Dr	Arpi Hovaspian	Carcavelos	Researcher/teacher	N/A	my work has focused on how people regulate, express and understand their emotions	N/A	PhD at Univ. California Irvine				English	N/A	N/A	N/A	N/A		<a href="https://www.linkedin.com/in/arpihovaspian/">https://www.linkedin.com/in/arpihovaspian/</a>	
	Klaudia Fuchs	Massama	Psychologist	Adults (+18 yrs)	Empowering mums, parenting, postpartum trying to conceive, fertility issues, resilience, stress management, and career counselling.	Somatic Psychotherapy Course to combine with my mainly CBT techniques	Masters in Clinical and Health Psychology obtained in Hungary and here at SPA				English and German	In-person, online, hybrid	individual & groups	Availability	private pay		<a href="http://www.fuchsklaudia.com/">http://www.fuchsklaudia.com/</a>	
	Melissa	Cascais	psychologist, clinical sexologist and relationship therapist	Adults (+18 yrs)	<ul style="list-style-type: none"> <li>erecton problems</li> <li>inability to orgasm</li> <li>infidelity</li> <li>low sexual desire</li> <li>premature/ early ejaculation</li> <li>porn addiction</li> <li>relationship problems (couples and poly)</li> <li>sex, gender, erotic and relationship identity concerns</li> <li>sexual compulsions</li> <li>sexual trauma</li> <li>specific sexual interests (BDSM, kinks and fetishes)</li> <li>vaginismus, painful intercourse</li> </ul>	psychologist, clinical sexologist					English, German, Turkish	In-person, online, hybrid	individual	I practice at Asegra Medical centre in Lisbon but open for more clients (general therapy and specialise)	private pay		TherapyMelissat@gmail.com	
Dr	Korina Ioannou	Cascais	Clinical psychologist	Adults (+18 yrs)	Relationship difficulties, trauma, anxiety, depression, low self-esteem and eating disorders	Compassion focused therapy (CFT) and Cognitive-Analytic Therapy (CAT)					English	In-person, online, hybrid	Individual and groups	Available	private pay		<a href="https://balanceofminds.com/it-korina-ioannou/">https://balanceofminds.com/it-korina-ioannou/</a>	
	Sharni Daniels	Cascais	Psychotherapist	7 - 18 years	My goal is to establish a nurturing and supportive environment where children and adolescents feel safe to explore their thoughts and emotions, while helping them navigate the unique challenges faced by today's youth and build resilience.		Masters of Counselling (Distinction, Monash University)	BPS (British Psychological Society) Approved Certificate in Cognitive Behavioural Therapy (CBT) for children and adolescents  BPS (British Psychological Society) Approved Certificate in Integrated CBT for Working with Adolescents  Acceptance and Commitment Therapy (ACT)  Unified Protocol: A Transdiagnostic CBT Treatment  Dialectical behavioural Therapy (DBT) for Adolescents and Families  Emotionally Focused Therapy (EFT): Attachment Science in Practice  Motivational Interviewing (MI)  Assessing and Managing Suicide Risk (AMSR)		BACP	English	In-person, online, hybrid	Individual	Availability	private pay		<a href="https://www.eraletherapist.com/about-me">https://www.eraletherapist.com/about-me</a>	
Mrs.	May Kassem	Lisbon/Sintra/Cascais	Psychological Counselor	Children, teenagers and adults	A wide spectrum of mental health challenges focusing on parenting, relationship issues, family systems, and Positive Discipline in educational settings.	Positive Discipline Education, Integrative therapy, Adlerian, mindfulness-based stress reduction approach, and certified in Psychological First Aid	Master's Degree from Webster University in Geneva, Switzerland	Psychological First Aid, Positive Discipline Parenting, Early Childhood Education, Positive Discipline in the Classroom, Keeping the Joy in Relationships	15+ years	PDA	English and Arabic	In-person, online	Individual, couples and groups	Availability	private pay		<a href="http://www.themindfulconnection.edu">www.themindfulconnection.edu</a>	
	Karin Makover	Lisbon/Online	Psychotherapist	Adults - 25 and above		Psychodynamic, Psychodrama, Arts	Master Degree- New York University	LCAT	Since 2010		English & Hebrew	In-person/ Online	Individuals, couples & groups	Book a session via WhatsApp or email	Private	Open for all	<a href="https://www.itsfindatherapist.com/itsc-karin-makover/">https://www.itsfindatherapist.com/itsc-karin-makover/</a>	WhatsApp +351912853722
Me.	Matan Sivan	Lisbon/Online	Clinical Social Worker	Adults above 18	Grief and loss, addictions, trauma, mental health	Psychodynamic, photo-therapy	Master degree, Haifa university	MSW	Since 2015		English&Hebrew	In person/online	Individuals & groups	Book a session via WhatsApp or email	Private	Open to all	<a href="http://www.matansivan.com">www.matansivan.com</a>	WhatsApp +351910998077

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Ms.	Clarinda Brandao	Lisbon/Online	Psychotherapist	Adults (18+)	I specialize in relational psychotherapy with a strong focus on trauma, anxiety, depression, ADHD, identity development, self-worth, and relationship challenges (both individual and couples work). I also work extensively with clients navigating life transitions, birth trauma, attachment-related struggles, and intergenerational dynamics.	My approach is holistic and systemic, often incorporating internal family systems (IFS), emotionally focused therapy (EFT), and trauma-informed care to support clients in understanding their inner world and building meaningful connections with others.	Bachelor in Psychology, Degree in Psychotherapy	Registered Psychotherapist in Canada. Working under a QPP. Registered Psychologist in Portugal. In process of OPP registration myself.	15+ years	CAPT, CRPO	English & Portuguese	Hybrid	Individual, couples, family, group therapy	Contact me directly: clarinda@saudenrthealty.com	Insurance accepted	Yes to all.	<a href="http://www.saudenrthealty.com">www.saudenrthealty.com</a> , <a href="https://www.instagram.com/inthealiefatherapist">www.instagram.com/inthealiefatherapist</a>	whatsapp: 939026582
LPC	Maile Grace	Lisbon/Cascais/Online	Psychotherapist	Adults 18+	Life Transitions, Cultural barriers and conflict. Trauma, Grief and loss & Human rights violations. I appreciate especially work with marginalized communities (refugees, LGBTQIA+)	Narrative therapy, somatic work, systems work and EMDR	Bachelor in Psychology and International relations and Masters in International Disaster psychology	LPC, EMDR trained	8 Years in practice		Native English (American)	Online/hybrid	Individual	I have morning sessions available Monday-Thursday. Contact me directly: mallegrace@therapy@gmail.com or visit my website: <a href="http://PalmtoPalmHealing.com">PalmtoPalmHealing.com</a>	Private pay, and sliding fee scale accepted	Refugees, LGBTQIA+, BIPOC, neurodivergent, e, women	my website: <a href="http://PalmtoPalmHealing.com">PalmtoPalmHealing.com</a>	
Des	Léa Iotersztajn	Lisboa	Psiquiatra	Adults 18 +	anxiety depression TCC and couple therapy	TCC couple	Médecin studies DU of TCC couple therapy formation	Médecine TCC	10 years in private practice in Paris		French	In person or visio	Individual and couple	Tuesdays and thursdays: docteuriotersztajn@gmail.com	Private pay and facture of medical consultation	No spécifique	<a href="mailto:psychiatre-lisbonne.com">psychiatre-lisbonne.com</a>	