

People Who Think

An adventure  
your soul is looking for



# A Hike to Clarity With A Psychologist



People Who Think

2 days with psychologist

**OFF THE GRID IN CATALONIA**

quick fix you looked for  
if you're ready to act on it after



**SEA OF GREEN, CHEST FULL OF FRESH AIR, VISUAL  
AESTHETIC PLEASURE FROM NATURAL HARMONY,  
TRAIN RIDES, PLEASANT WHISPER OF MUSCLES FROM  
LONG WALKS, 48H OF CONSCIOUS THINKING,  
CONSCIOUS EMOTIONS AND BODY MOVES.**

Journey you would want  
to think about



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# About Psychologist

People turn to me when they find themselves at a crossroads, struggling with **grief, anxiety, loneliness, or the aftermath of trauma and sexual violence, alcohol addiction**. As a Psychology Consultant and Psychedelic Researcher, **my priority is your well-being**.

I graduated from Moscow State Pedagogical University and furthered my education in psychological counseling at the East European Institute of Psychoanalysis. **My approach is rooted in existential-humanistic therapy, complemented by CBT, EMDR, gestalt, mindfulness, and systemic techniques. With over seven years of personal psychotherapy and continuous supervision, I am committed to self-growth and professional development.**

I adhere to strict ethical standards, ensuring transparency, confidentiality, and respect for each individual's rights. While I can't promise to heal all traumas, I guarantee my full attention, genuine interest, and honesty throughout our journey together.

Your comfort is a sufficient reason to seek help, and I am here to support you every step of the way.

[Check My WebPage](#)

Hello, I am  
Ksenia



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I will help you reflect on **your behavior patterns and coping mechanisms**. Together, we will examine and understand your personal system—identifying **what works well for you and what may be outdated or counterproductive**.

This process allows us **to debug and update these mechanisms**, helping you develop more effective ways to navigate life.

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**STAY**



**LET'S**



**IN TOUCH!**

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