

Sara Baldini

PSICOTERAPEUTA

ABOUT ME

My name is Sara Baldini and I am a licensed **psychologist-psychotherapist**, registered since 2010 (Psychologists of Tuscany Council, n.5714). My training followed a twofold way, also abroad, with **psychotherapy** and **neuroscience** as the main interests. The deep curiosity for the functioning of the human being pushed me on this route, along which the person emerges as an expression of their own life story, as a unique complex system of mind-brain-body. I obtained a degree in **Experimental Psychology** from the University of Florence, then a PhD in Neuroscience from the Scuola Normale Superiore in Pisa and a **Specialization in Integrative Psychotherapy** from the Institute of Integrated Psychotherapy, now **School of Interdisciplinary Integrative Psychotherapy (SPII)**. Currently, in addition to working as a psychotherapist and being an **Honorary Judge** at the Juvenile Court of Trieste, I also carry on clinical and research activities at the **Neurological Clinic of the Cattinara Hospital in Trieste**. Furthermore, I am tutor at SPII.



MY APPROACH



The guiding principles of my psychotherapeutic practice are **experientiality**, **affectivity** and **conscience-awareness**. The integrative approach, in continuous evolution, is based on a shared commitment between person-therapist and person-patient, looking for resources and critical elements through experiential sequences and dialogues with the several parts of the Self (at the perceptive, motor, affective and cognitive level). The core of therapy is to nurture resilience, through the (re)construction of cohesion and coherence of the Self. This approach is an alternative choice to crises, to the perception of loneliness and lack of ways out, to unfulfilled expectations.

In the therapeutic setting:

- the person-patient is an active protagonist of her/his therapy
- the person-patient and the person-therapist construct the proper conditions for a change
- the perception of security, based on mutual trust and respect in therapy, is the prerequisite for dealing with crises
- there is a constant and collaborative research of available sources to address emerging problems

SERVICES

During life, crises may occur frequently at various levels (affective, work, health, personal, etc.), some of which cause discomfort and suffering and often psychological difficulties. These "symptoms" represent the best adaptive response to the current critical moment, elaborated at the best of our possibility, in order to avoid pain and have some security. These are not negative elements to be eliminated, but "parts of the Self" that, integrated with other proactive parts, could lead to the evolution towards a more complex and more resilient consciousness. Psychotherapy



(for individual, couple or group) could create the proper conditions in order to support the processes of change in the person-patient. This opens the door to the awareness and the construction of meanings of our own experience, different and new, in which we find security, attunement, affective modulation and stabilization. A request for individual psychotherapy could be also motivated by a personal need of growth and research even without evidence of clinical symptoms.

My psychotherapeutic sessions are directed to the developmental and adult age related to:

- Anxiety (including Panic, Phobias, Obsessions)
- Depression (including postnatal depression)
- Eating disorders (including binge eating and bulimia)
- Relationship difficulties (including family, couple, social situations, workplace issues)
- Problems in stress management during the various phases of the life cycle
- Low self-confidence and esteem
- Bullying
- Bereavement (including complex, traumatic and delayed grief)
- Parenting and difficulties in the parent-child relationship
- Infertility
- Work-related stress (including perfectionism, redundancy, harassment and bullying)
- Disorders caused by stressful or traumatic events such as post-traumatic stress disorder (EMDR approach)
- Problems related to chronic diseases (e.g., multiple sclerosis)

GET IN TOUCH!

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The therapy session takes place in person according to the anti-COVID health security measures. However, online-therapy sessions are also possible on Skype or Zoom.