



# MARIA MICHA

PSYCHOTHERAPY AND HYPNOTHERAPY



[maria@mariamicha.com](mailto:maria@mariamicha.com)



(323) 678 1230

## COMPETENCIES

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### // CLINICAL EXPERTISE

- Depression
- Anxiety
- Marriage Counseling
- Sexual Abuse
- Emotional Abuse
- Bipolar Disorder
- Relationship Issues
- Divorce/Separation
- Life Transitions
- OCD
- LGBTQ+ Issues
- Smoking Cessation
- Marital Therapy
- Erectile Dysfunction
- Grief and Loss
- Obesity
- Stress Management
- Anger Management
- Academic Stress
- Career Coaching
- Life Coaching
- Physical Abuse
- Sex and Sexuality
- Communication Problems
- Self-Esteem Issues
- Adjustment Issues
- Third Culture Children

## EDUCATION

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**Master of Science in Clinical Mental Health Counseling**

## PROFILE

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For more than two decades, I have supported individuals, couples and families overcome emotional/mental challenges by utilizing evidence-based psychotherapeutic treatments, hypnotherapy, nutritional changes, and other behavioral interventions. As an individual, I am committed to supporting individuals and families navigate personal and professional hardship and help them achieve overall wellness. I am committed to helping people identify their dreams and transform their lives accordingly.

## WORK EXPERIENCE

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**Clinical Mental Health Counselor I Founder and CEO at Maria Micha Psychotherapy & Hypnotherapy Counseling Center | 1998– Present**

- Performed more than 2000 hours of supervised Clinical Mental Health Counseling and more than 500 hours of personal psychotherapy.
- Specialize in women's therapy and counseling that addresses depression, stress, and lifestyle.
- Utilize Adlerian and system psychotherapeutic principles in clinical settings and family counseling.
- Conduct short- and long-term psychotherapy and utilize hypnotherapy, nutritional intervention, PSYCH-K to support desired therapeutic outcomes.
- Treat individual/couples/family emotional issues, addictions, mental disorders, depression, bipolar disorders, obsessive-compulsive disorders, eating disorders, morbid obesity, prescription drug addiction, alcohol disorder, gambling disorder, sexual dysfunctions, workaholism, and hoarding.
- Call upon Adlerian therapy, Cognitive Behavior Therapy, hypnosis, relaxation and breathing techniques, meditation, PSYCH-K, and deep self-awareness to treat patients and help them achieve desired outcomes.

**Psychotherapist, Hypnotherapist, IIN Health Coach**

Maria Micha Counseling Center | 1998– Present

- Designed a goal-oriented program based on practical and essential priorities that segment patients' lives into meaningful divisions and help support the creation of new life plans that are in balance, emphasize self-control, and harmony with self.
- Help patients set clear and attainable goals and priorities.
- Support clients, including toddlers and adolescents with developmental stages and personal growth.
- Counsel bereavement and help clients work through life changes and loss.
- Develop personal and corporate mental health protocols that address psychological, nutritional, and behavioral disorders.

**Psychologist, Counselor**

Lancaster University | September 1999 – Present

- Offer Clinical Mental Health Counseling to individuals, couples, families, and organizations.
- Offer Clinical Mental Health Counseling for a wide range of mental disorders and behavioral concerns.
- Utilize and study the principles of cognitive, emotional, and social processes through analyzing/observing how individuals relate to one another and their environments.
- Conduct research, and counsel patients as part of a healthcare team that includes physicians and social workers in academic, business, and home environments.
- Evaluate patients' needs and work to foster positive mental health practices and enhance personal growth.

**Psychologist, Counselor**

**Psychedelic Assisted Therapy**  
The SoundMind Institute USA  
(2023-2024)

**Shamanism. The Way of the Shaman.**  
The Foundation for Shamanic Studies Asia (2021-2022)

Walden University  
2018

**Post Graduate Diploma in Adlerian Counseling & Psychotherapy**  
Florida Atlantic University  
2002

**Diploma in Hypnotherapy**  
Israeli Association of Hypnotherapy  
2002

**Bachelor of Science in Psychology**  
Lancaster University  
1996

**Psychology, Sociology, and Mathematic – A Level**  
Blackpool College  
1992

**Certificate of Proficiency**  
Arsakeio Private School  
1992

## CERTIFICATIONS

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**PSYCH-K R**  
Facilitator  
2019

**NeuroChangeSolutions**  
Certified Corporate Trainer  
2019

**Chi Sigma Iota Counseling**  
Academic & Professional Honor Society International  
2016

**Golden Key International Honor Society**  
2016

**Institute for Integrative Nutrition**  
Certificate in Health Coaching  
2015

**Greek Ministry of Education**  
English Instructor  
1990

Maria Micha Private Practice in Psychotherapy | 1998– Present

- Manage and direct a clinical mental health counseling clinic focused on the principles of Adlerian Therapy, hypnotherapy, wellness, and behavioral intervention.
- Provide direct psychotherapy treatment, perform client psychosocial assessments, develop treatment plans, and guide the treatment process, develop exit plans, and provide psychological and emotional support to clients.
- Host virtual psychotherapy and webinars.
- Develop the private practice, hire, and manage administrative staff, and coordinate all business operations of the clinic.

## PUBLIC SPEAKING & INTERVIEWS

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- “Recharge, Restart, Reconnect,” National Counseling & Psychotherapy Conference Guest Speaker, Singapore, November 2022.
- “Motherhood, Migration, Loneliness, Reinvention. Self-Doubt...Can I do it? Who Cares?” Podcast Interview with Kaylene Tan, Singapore Stories, August 2022.
- “How to Stay Mentally Healthy No Matter What You Face,” Podcast Interview with Estelle Low, Her World, January 2021.
- “Losing my Marriage and Finding Myself,” Singapore Stories CNA938 Radio, December 2020.
- “Coping with WFH and Corporate Loneliness,” Google APAC Guest Speaker, Singapore, October 2020.
- “Depression and Anxiety in the Workplace” webinar, PayPal Guest Speaker, May 2020
- “Leadership Through Covid-19” webinar, PayPal Guest Speaker, May 2020.
- “Managing Anxiety and Depression,” National Counseling & Psychotherapy Conference Guest Speaker, Singapore, November 2020.
- “Emotional Resilience During Covid-19,” Interview with Stanley Long and Chew Wui Lynn, CNA938 Radio, November 2020.

## PUBLICATIONS

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- “The Dimensional Personality Test is having a moment: Here is why quizzes like these can hurt your identity”, Contributor Samantha Yeo, Honeycombers, August 2022
- “Why We’re Hooked: The World’s Obsession with trashy reality TV shows like Love is Blind and Love Island,” Contributor, Samantha Yeo, Honeycombers, March 2022
- “Expert Tips on how to Deal with Loneliness and Why it’s Important,” Contributor, Niki Bruce, Yahoo Life, October 2021
- “Have Anxiety? Give These Alternative Healing Methods A Go,” Contributor, Adora Wong, Herworld.com, January 2021
- “How to Beat the Holiday Blues During a Pandemic, An Expert Chimes In,” Contributor, Nicole Nithiyah, Honeycombers.com, December 2020
- “The Importance of Self-Care for Your Mental Health,” Contributor, Sam Y, thesooth.com, November 2020
- “How Does Alcohol Affect Your Mental Health,” Contributor, Tiff H, thesooth.com, October 2020
- “Try Silence to Help with Your Mental Burnout: Expert,” Contributor, Niki Bruce, sg.style.yahoo.com, September 2020
- “If Meditation Isn’t For You, Here Why You Should Try Intermittent Silence Instead,” Contributor, Farisia Thang, The Singapore Women’s Weekly, September 2020
- “How to Get Your Kids to Understand Social Distancing without scaring Them,” Contributor, Sandhya Mahadevan, The Singapore Women’s Weekly, September 2020
- “Plant Parenthood: Exploring the Benefits of Horticulture,” Contributor, Amanda Arambulo, The Beau Life, July 2020

## LANGUAGES

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- English
- Greek

- “Career 360: How Employers can help their employees Build Mental Resilience,” Interview with Rachel Kelly, MoneyFM 89.3, June 2020
- “Job Loss: Bouncing Back after 55 (Covid-19 Mental Health Video Series), Contributor, Helmi Yusof, The Business Times, June 2020
- “Team Bonding During Lockdown (Covid-19 Mental Health Video Series),” Contributor, Helmi Yusof, The Business Times, May 2020
- “Dealing with Job Loss (Covid-19 Mental Health Video Series), Contributor, Helmi Yusof, The Business Times, May 2020
- “How Managers can address staff’s Mental Health in Covid-19 Crisis (Covid-19 Mental Health Video Series),” Contributor, Helmi Yusof, The Business Times, May 2020
- “Business Times New Covid-19 Mental Health Video Series,” Contributor, Helmi Yusof, The Business Times, May 2020
- “Getting Through Covid-19 Psychologically,” Contributor, Helmi Yusof, The Peak Magazine, May 2020
- “The Solitude of Success,” Contributor, Helmi Yusof, The Peak Magazine, March 2020

## REFERENCES

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Dr. Jaylee Longbottom  
Singapore Sports Center | Psychologist  
T. +6567371000  
E. [jaylee.longbottom@gmail.com](mailto:jaylee.longbottom@gmail.com)

Alexandra Diakopoulou  
Psychologist/Psychotherapist/Hypnotherapist  
T. +306942559987  
E. [adiakopoulou@gmail.com](mailto:adiakopoulou@gmail.com)

Peggy Pelonis  
President at ACS Athens (American Community Schools) ISOS Psychotherapeutic Center |  
Psychologist/ Psychotherapist/Hypnotherapist  
T. +302106008081  
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