

PSYCHOLOGICAL PRACTICE

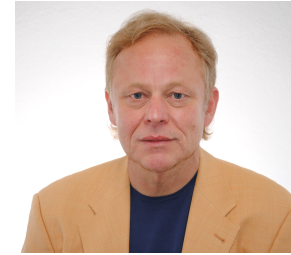
1020 VIENNA

Dr. Nils Beer

Clinical Psychologist · Health Psychologist



Prevention · Diagnostics · Counseling & Treatment
Brief Therapies & Solution-focused Interventions



Dr. Nils Beer

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I am chartered Clinical and Health Psychologist working with individual adolescents and adults, also providing Couples Counseling. I am professional and yet down-to-earth in my core aims to help people find relief from psychological strain and difficulties, cope with life events, find a better work-life-balance or solve relationship problems.

Areas of my expertise:

- Mindfulness-based Cognitive Behavior Therapy (MBCBT);
- Integrative Systemic Counseling;
- Relaxion Techniques (Progressive Muscle Relaxion and Autogenous Training); *and specifically*
- Brief Therapies and Solution-focused Interventions

Brief Therapies focus on clients' resources to solve their problems and find life quality enhancing solutions. Solutions, goals and the courage to change are better attainable with the support of a trained psychologist. Such autonomy-enhancing Brief Therapies encompass 8 to 10 one-hour sessions with increasing time-intervals between successive sessions.

Brief Therapies are an efficient means to counterbalance mild to moderate depression, anxiety disorders and stress-induced somatic complaints.