

Get to Know our capabilities and our values

Article by [Charbel Ibrahim](#) • *M.A. Marriage & Family Therapist • Psychotherapist at Institut Therapie*

Each person has witnessed a lot of experiences, bad and good. Our attitude and personality are surely affected, but sometimes, negatively. So, we are not our problems, but we are affected by them.



Institut Therapeía, focuses primarily on the individual, on couples and on families. In order to provide them with effective therapy, in different areas. This will help people explore themselves, understand themselves, be in balance inside and out, establish healthy relationships with those surrounding them, face and solve problems.

In our work we use a short and single-session psychotherapy that aims to listen to people, to know how the problem has become a dysfunctional one, to know what are the attempts of solutions adapted by people, to restructure them, to find functional solutions, to finally have goals to achieve in the future, while helping people to achieve them by taking small steps.

Institut Therapeía aims to help people find functional solutions, while relying on the internal and external resources of people.



Individual and family therapy

For individuals who have experienced certain traumatic events, at different levels, for example economic loss, social, family, emotional relationships within the couple, conflicts, anxiety, alterations, depression, anger, irritability, instability, stress, fears, anxiety, worry, self-image, well-being, psychic and mental suffering,

Marriage therapy

- For couples and families, how to deal with the problems and conflicts that may appear during the relationship, how to prepare to choose the right person, to be ready at the psychological level to be able to face the problems and difficulties, preparation of the couple to welcome the child, prepare an adequate and healthy environment for the child who will come into the world, parental roles, communication environment, openness to the outside world and relationships, importance of contact, family support...
- For women and mothers-to-be: preparation for motherhood, relationships with family, loved ones and those around them to create a healthy world for parents and the newborn, follow-up during the pregnancy period (before and after childbirth), periods of adjustment, periods of blues, detachment and separation from the child, state of imbalance and ambivalence, fear of being abandoned, difficulties in connection with life, trust and letting go.
- Paternal contribution in the family, which begins with the alliance of the couple, as well as of the family. Hence the importance of preparing the couple and creating an interior space to welcome the child. Intervention, especially during the first year to establish the parent-child bond, preparation to be a future father, role of the father; before, during and after childbirth, support for the mother, ...

For all these reasons mentioned, our psychotherapist Charbel Ibrahim is always here for you to help you & guide you. He always listens actively, in order to help you follow a deep approach, which will help you achieve the desired objectives on a professional therapeutic level.

You can make an [appointment](#) with our psychotherapist

<https://www.psychotherapeute.pro/contact>

Phone Number: +1 514-583-0405

E-mail: psychotherapeute@instituttherapeia.com