



What benefits you might expect from working with me

- Solving of troubles in your intimate relationships
- Support during difficult situations
- Changing of lifelong, non-helpful patterns
- Increased awareness of yourself
- Further development of your personality

Instead of quick fixes and short-term solutions that don't hold up, my work is focused on profound, lasting change.



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Portrait: Agnes Stadlmann



"It's easier to solve problems,
than to live with them."
Albert Einstein





Yes, it can get easier!

I can support you in dealing with these topics:

- Relationship challenges
- High Intelligence and Giftedness
- Trouble Sleeping
- Psychosomatic Symptoms
- Burn Out
- Anxiety and Panic Attacks
- Eating Disorders
- ...and many more.

In Therapy through my support you will acquire **abilities** and **strengths** that help you in dealing with the challenges and hurdles of life.

Contact me via telephone or email if you have any questions or want to schedule a first session!

Do you know these experiences You...

- ...Feel like you can only endure your current situation – and not able to enjoy
- ...Have lost a loved one – grief and despair are your constant companions
- ...Feel worthless, without purpose – nothing you do seems to work out
- ...Throw yourself into your work and don't seem to find joy in anything at all
- ...Find your relationship with a loved one is causing you great pain or worries
- ...Suffer from anxieties or panic attacks, that burden and constrict you
- ...Feel listless, without energy, worn out or constantly overwhelmed
- ...Suffer from pain, insomnia, nausea or other physical ailments and your doctor cannot find a cause

I offer the following settings for working on your topics: **Psychotherapy, Coaching, Couples Therapy, Group Therapy**

Psychotherapy means to embark on a journey towards a self-determined and happier life. On this journey I mean to accompany and support you with all of my competence, expertise and compassion both as a professional and a fellow human.

I am looking forward to meeting you.

Anna M. Binder-Kita