

Seeking support can be a powerful step toward personal growth.

# Heart-Based Psychological Consulting with Ilaria

## [Psychological Consulting \(Italian\)](#)

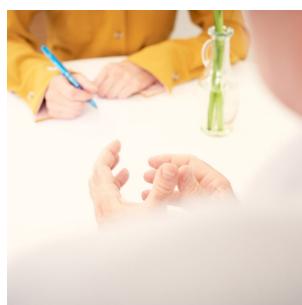
During our psychological consultation, I partner with you to explore your mental health, emotions, and any challenges you're facing. I work with individuals, families, adults, and children, providing a supportive environment to discuss your experiences. Together, we'll identify your needs and goals developing strategies to enhance your well-being and create a plan for ongoing support, ensuring you feel empowered in your journey.

## What you achieve:

With a psychological consultation, we can achieve several goals:

1. **Understanding:** Gain clarity about your thoughts, feelings, and behaviors.
2. **Support:** Receive emotional support during challenging times.
3. **Insight:** Identify patterns or underlying issues affecting your mental health.
4. **Coping Strategies:** Learn effective techniques to manage stress, anxiety, or other concerns.
5. **Goals:** Set personal goals for growth and improvement.
6. **Action Plan:** Develop a plan for further treatment or interventions if needed.
7. **Empowerment:** Enhance your ability to cope with challenges and make positive changes in your life.

Overall, the consultation aims to foster a deeper understanding of yourself and your mental well-being.



[Contact me](#)

## Your Psychologist:

**Ilaria Di Ciccio**

In my professional journey, I have gained extensive experience as a Psychotherapist and Psychologist Consultant at ASST North Milan, Childhood and Adolescent Neuropsychiatry Operational Unit, where I worked with children and adolescents for a decade. I conducted psychological interviews, performing psychodiagnostic evaluations, and developing therapeutic projects tailored to the needs of both children and their parents.

In addition to my work at ASST North Milan, I served as a Technical Office Consultant for the Court of Monza, assessing the well-being of minors and evaluating parental abilities in non-consensual separations. Currently, I am providing clinical consultations and psychotherapy, both in person in Switzerland and online, while also offering parenting support.

I hold a Master's degree in Psychology from the University of Pavia and specialized in Psychotherapy with a Jungian orientation at the Riza Institute of Psychosomatic Medicine in Milan.

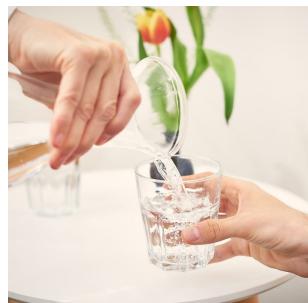
My qualifications are recognized by the Federal Commission of Professional Psychologists (PsyCo) in both Italy and Switzerland, where I also have my specialization in Psychotherapy recognized. Additionally, I am enrolled with the Swiss Federation of Psychologists (FSP) and the Verband der Psychologinnen und Psychologen beider Basel (PPB) – the association of psychologists in Basel-Stadt and Baselland. My diverse experience and educational background enable me to offer comprehensive psychological support tailored to each patient's needs.

[Contact me](#)



## The Heart-Based Center

The Heart-Based Center is a health center for heart-based medical and therapeutic counseling and support. Heart-based medicine is a skill that can be taught, acquired, and studied like any other specialty. The multi-professional team is guided by the philosophy and findings of the Heart-Based Medicine Foundation, which scientifically researches, validates and communicates the energy potential and healing power of love and human-centered medicine. The heart-based offer includes therapy, counseling and coaching.



## I look forward to meeting you.

Taking the first step to start a psychological consultation can be a powerful move toward understanding yourself better, overcoming challenges, and fostering personal growth—remember, you don't have to navigate this journey alone!

You can reach me by email at any time:

[Send Email](#)

For phone calls:

[Call 061 555 11 11](#)

### Heart-Based Center Basel

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