



About Me



Yulia is a warm and direct therapist who believes in the wisdom and capacity for healing that each of us carries within. Her work is informed by her own healing journey and a deep understanding of childhood trauma and the path toward healing.

She is certified in EMDR and Internal Family Systems (IFS Level 1), and has completed Levels 1 and 2 of the Gottman Method. Yulia works with both individuals and couples, offering a compassionate and grounded space for growth, healing, and deeper connection.



Her unique approach is also shaped by twelve years of training and practice in the Feldenkrais Method and eight years as a Waldorf teacher, bringing a deep awareness of the connection between mind, body, relationships, and healing.

