



Basic in the philosophy of «Mental Health- Counselling and Therapy Centre» is the bio-psycho-social model of understanding and management of mental disorders. We perceive humans as only unique biological, psychological, and social beings.

Regarding counseling and therapy, we pay significant and primary attention to special and sensitive populations, and also special attention to the the best possible application of Cognitive Behavior Therapy (CBT).



Provision of psychological services is given through separate Sections, like the Adults Section, or The Children and Adolescents Section.