



INTERNATIONAL THERAPISTS RESOURCE LIST

If you're looking for additional support and coaching is not currently a good fit, the therapists listed below might be able to better help you.

While I haven't personally used the therapy services of any of these individuals, I can speak for their professionalism and thoughtfulness. All of them have experience serving individuals living outside their home cultures and many speak more than one language. Moreover, they all have personal experience with living abroad. Of course, each person must decide for him- or herself whether or not a particular therapist is a good fit, but hopefully this list gives you a good place to start. Please contact the therapist directly to inquire about their ability to offer remote counseling services.

Individual Practices - Adult

Dr. Dana Nelson – Clinical Psychologist - [Dana Nelson Counseling](#) (based in Lyon, France)

Megan Barnes Zesati, LCSW – [website](#) (primarily based in the US)

Jacqueline van Haaster Harbstman, LCSW - [Mindfulness-Based Psychotherapy](#) (based in the US)

Dr. Sonia Jaeger – Psychologist - [website](#) (worldwide online based services)

Individual Practices – Children/Adolescents

Dr. Diana Rongen – Children and Youth Therapist Play Therapy [Wereldkind](#) (based in the Netherlands)

Dr. Pascale Paradis – Pediatric Psychology [3PPsychologies](#) (based in Australia)

Dr. Laura Anderson – Children, Adolescents and Families – [website](#) (based in Hawaii)

Kate Berger, MSc – [Expatriate Kids Club](#) (based in the Netherlands)

Group Practices

[Therapy Solutions At Home and Abroad](#)

[Expatriate Nest](#)

[The Truman Group](#)

[Apricity Behavioral Health](#)