



COPE

Centre Of Psychological Enrichment

LET'S CONNECT

Clinical PsycClinical Psychologist

TOGETHER for
MENTAL HEALTH



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“Instead of ready-made answers or advice, I offer a safe space free from judgement, where you can learn to listen to yourself and be heard without preconceptions. By doing so, you can come to a better understanding of who you are and what prevents you from leading a richer and more fulfilling life’.

About COPE

COPE is a psychoanalytically oriented practice centred on offering insight, uncovering unconscious content, and working through internal and interpersonal issues that are resurfaced in the patient-therapist transference relationship.

COPE's approach is grounded on the founding director Dr Gonzales's values of empathy, compassion and making a difference in the lives of others.

Services

We also offer treatment for a wide range of mental health issues including (but not limited to):

- Depression
- Trauma/ PTSD / Complex
- Addictive Behaviours
- Self-Esteem
- Sleeping Problems
- Resilience
- Child behavioural & Emotional Problems
- Anxiety
- Grief
- Stress/ anger management
- Relationship Problems
- Assessment
- Pain Management

WE HELP YOU COPE

