

Fiona Doman

Counselling Psychologist
Private Practice Owner

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Fiona Doman
PSYCHOLOGIST

ABOUT FIONA



Fiona Doman Olivier is a registered Counselling Psychologist (M.Soc.Sc) from Pretoria with a passion for the general well-being of individuals and families. She is happily married and have 2 beautiful little girls.

She has over 12 years of training and experience in various settings of Psychology including:

- Private Practice
- Trauma and Debriefing (Corporate and Private setting)
- School Counselling,
- Social Services, and
- Secondary and Tertiary Education (Counselling, Lecturting and Supervision)

She also enjoys Psycho-education and the development / presentation of workshops and webinars on a variety of topics. She collaborates and presents at Antenatal Classes on the adjustment to (and) possible challenges of parenthood and how to keep the marital relationship strong.

"The Parenting Partner" - An add-on focused area of service for parents (especially mothers) and couples has the goal of enriching and changing perspectives, giving truthful guidance and practical advise to assist parents and partners in challenges or adjustments they might face during the journey of parenthood.

Her main focus in practice is on Individual therapy and Couples counselling / therapy, Trauma debriefing, Coping with Life and Emotional challenges and Parenthood.

SCOPE OF PRACTICE



Adults:

- Identity and personal growth and well-being
- Stress management
- Trauma debriefing and counselling
- Loss and grief counselling
- Relational Issues
- Adjustment and Emotional Concerns (Depression, Anxiety)
- Parenting

Psycho-Educational Workshops:

Private and Corporate (Pre-developed and customized topics according to clients' needs)

Parenting - The Parenting Partner:

- Adjustment to Parenthood (Full Perinatal Period)
- Maternal support
- Counselling and guidance for parents related to concerns for their children

Addolecents and Students:

- Identity and self-esteem
- Relational issues (friends/family)
- Coping with adjustment and stress (personal / accademic)
- Career Guidance
- Trauma debriefing and counselling
- Loss and Grief counselling

Parenting - The Parenting Partner:

- Psycho-educational workshops / Antenatal class collaboration
- Couples Counselling