

Nicoleta  
POROJANU



Wellbeing Advocate

Psychologist | Counsellor | Psychotherapist | Coach | NLP Master Practitioner  
MSc, BSc Hons, GradDip Psy, PgDip ClinHyp, AdvDip, PgDip, CLC, MPNLP

# Hello!

I'm Nicoleta, a psychologist, therapist and passionate practitioner researcher, interested in minorities and cultural transition, fascinated by similarity and difference, a travel lover successfully transitioned from the Eastern to the Western culture, survivor of childhood trauma and TNBC, unshakable optimist, long term education obsessed, brainwashed high achiever and self-confessed workaholic in recovery.

I help people resolve their relationship struggles and bring back excitement and happiness into their life.  
I love my work and I feel surrounded by real magic and a profound sense of meaning and joy when I make a positive impact and I contribute to changing someone else's life. This is my purpose and this is my passion in life: to spread goodness and wellbeing in the world.

## *My journey so far*

- ✓ 20 years in the field of psychology.
- ✓ 15 years learning about the human mind in universities & colleges.
- ✓ 15 years working with people in mental health.
- ✓ Managed residential, supported living and community mental health services in 6 boroughs in London.
- ✓ Supported countless people improve their mental wellbeing.
- ✓ Running an international therapy practice with consulting rooms in 3 countries.
- ✓ Founder & Chair of Trustees at THE SIGNIFICANT YOU CHARITY TRUST.

## *Work in progress*

At the end of a 1 year registration process,  
now proud to be setting up



THE SIGNIFICANT  
YOU  
CHARITY TRUST

- ✓ The Mental Health charity for everyone in need.
- ✓ Reminding people that they are important.
- ✓ Reassuring people that there is support available.
- ✓ Encouraging people to talk about their struggles.
- ✓ Empowering everybody to believe that the recovery is possible.
- ✓ Providing information, specialist advice and public campaigns.
- ✓ Promoting the preservation and protection of good mental health.
- ✓ Prevention and relief of mental illness through low-cost counselling.

## *How I work*

I dare to be different... and I created the **Expansive Psychotherapy** method...

Integrating the theory and practice from the main three schools of thought (psychodynamic, cognitive-behavioural and humanistic) with transpersonal psychology and spirituality which makes my practice a **4-dimension holistic and integrative approach**, considering the mind-body-spirit-environmental factors equally.

Simply to promote flexible, personalised support, attuned to the life-style and challenges people face in our modern world:

- ✓ From the consulting room ⇨ To client's place of choice.
- ✓ From 50 min weekly sessions ⇨ To packages tailored to client's needs.
- ✓ From the “expert” led work ⇨ To client's intuition & wisdom.
- ✓ From symptoms & disorders ⇨ To natural human manifestations.
- ✓ From labels & evaluations ⇨ To a space of no judgement.
- ✓ From one surface problem ⇨ To client's wholeness & depth.

## A little step to bring Psychotherapy into the 21st Century

- ✓ The **Expansive Psychotherapy** is suitable to everyone 18+.
- ✓ Perfect for deep thinkers & deep feelers...
- ✓ Fed up following the crowds...
- ✓ For people who want to design their own life...
- ✓ Looking for real life-long change.
- ✓ For people that want to live their lives in their own terms.
- ✓ For those discovering self-care & self-compassion...
- ✓ Ready to let go of the old to create space for a renewed sense of self...
- ✓ Seeking to know why they suffer not how their suffering is called (diagnosis)...
- ✓ Looking to resolve the cause of their suffering not to improve their symptoms.
- ✓ For the next level of growth & personal development.

# *My therapy programmes*

## **3 ONLINE THERAPY PACKAGES**

To improve relationships from the comfort of the home or office



### **AWARENESS PACKAGE**

It all starts with a mindful moment

### **MOVEMENT PACKAGE**

That shifts things in your life

### **AWAKENING PACKAGE**

To find a sense of meaning and purpose in life

## **2 FACE TO FACE RELATIONSHIP BOOSTERS**

To sort out relational problems in one focused therapy session



### **HALF DAY RELATIONSHIP REPAIR**

To sort out a simple relationship struggle

### **FULL DAY RELATIONSHIP REPAIR**

To resolve a complex relational problems

## PRESS, MEDIA & SPEAKING

I am available for a range of media engagements and can be interviewed via phone, email and face to face.

I speak on any topic related to human mind, human nature and the impact of the world systems on our mental wellbeing.

I take particular interest in relationships, sexuality, career, loss, trauma, anxiety, depression, addiction, breast cancer, as well as minorities and cultural transition, and similarity, difference and diversity.

### PRESS, MEDIA & SPEAKING CONTACT

press@nicoletaporojanu.com      +447988479148  
+34696005944  
+40786231091



[www.nicoletaporojanu.com](http://www.nicoletaporojanu.com)

LONDON | MARBELLA | SOTOGRADE | BUCHAREST | **WORLDWIDE**

## SHORT MEDIA BIO

Nicoleta Porojanu is an international psychologist, therapist and passionate practitioner researcher searching to discover the missing pieces in modern human psychology.

She spent 2 decades in the field of psychology and 15 years learning in universities learning about our human mind. She works across cultures with people from all walks of life, looking to gain insight into our human nature and understand the impact of the social world on our wellbeing.

Inspired by her learnings, in time Nicoleta created an original and creative therapeutic method called [Expansive Psychotherapy](#), a non-medical 4-dimension holistic and integrative approach, considering the mind-body-spirit-environmental factors equally.

Nicoleta is also the founder and chair of trustees of the recently registered [The Significant You Charity Trust](#), the mental health charity that provides information, specialist advice, public campaigns and low cost counselling support to everyone in need.

To learn more, join her e-news list at [www.nicoletaporojanu.com](http://www.nicoletaporojanu.com).