



Muriel Génot

Clinical psychologist
Psychotherapist

www.murielgenot.com

Providing specialized psychological support via remote connection to humanitarian aid workers in duty stations, before and after mission.



I support individuals in going through a transformative process that helps them

- make sense of their life experiences
- and restore creative links with their internal and external resources.

Humanitarian workers are exposed to cumulative stressors that may result in a period of overwhelming fatigue, demotivation and meaninglessness affecting their personal and professional life. My expertise is to accompany individuals who have reached this particular moment when balance seems to be lost.

Beside psychosocial risk factors, humanitarian workers may face critical event(s) and require specialized support to recover. I have extensive experience in providing psychological care to survivors of war and intentional violence.

Distance consulting entails receiving support at the right moment and means:

- Improving one's chances of overcoming a crisis and avoiding a breakdown.
- Making a crucial first step in restoring a personal sense of continuity.
- And seizing an excellent opportunity to take care of one's self.

Background and qualifications

- Master's in Clinical and Pathological Psychology completed in France.
- Fifteen years of experience in the humanitarian field.
- Specializing in emergency assistance and response to the consequences of stress and trauma.
- In mission with major humanitarian organizations (Médecins Sans Frontières, The Center for Victims of Torture, and Handicap International) in ten different countries.
- Culturally sensitive and communicating well in French, English, Spanish, as well as being familiar with spoken Middle Eastern Arabic.

More concretely

I offer clinical consultations and short-term psychotherapy that can last from a few sessions to several months.

We can have sessions via Skype, WhatsApp, Zoom, with or without video, or by telephone.

Each session lasts from 45 minutes to 1 hour.

Cost, payment and insurance cover

Session rates take into account each client's personal circumstances and are discussed on the first session. Payment through bank transfer is expected after each session or on a monthly basis for longer follow-ups. Some insurance companies cover therapy-session costs. Invoices are provided upon request.



Getting in touch

By email, at the following address: muriel.genot@gmail.com

I reply within 48 hours and invite each client to share details that will enable scheduling our first session.

I practice in accordance with the internationally established code of ethics for psychologists and strictly obey the rules of confidentiality. This applies to my exchanges with the professional/organization that refers the client to me.