



Partnering for Your Team's Well-being and Growth

Tailored Corporate Well-being Solutions



My International Therapy
Empowering People,
Strengthening Organizations.

www.my-international-therapy.com

Our Values

At My International Therapy, we are a team of licensed psychologists and mental health experts dedicated to promoting emotional well-being and resilience in the workplace.

- 1 Excellence – Striving for the highest standards in psychological support and corporate well-being.
- 2 Creativity – Developing innovative and tailored solutions to enhance workplace well-being.
- 3 Collaboration – Working closely with businesses to create a supportive work environment.



Our story

Founded by Karla Bernat, an experienced psychologist dedicated to promoting mental well-being, My International Therapy was created to provide high-quality psychological support in international settings. With a vision to make mental health services more accessible in corporate environments, Karla expanded her expertise beyond traditional therapy to develop tailored programs for businesses.

Her commitment to workplace well-being led to the expansion of Centre Pensées, first in Berlin and later in Barcelona, offering a holistic approach to mental health. Today, My International Therapy collaborates with companies worldwide to help teams thrive, reduce stress, and foster long-term resilience.



Mental Health in the Workplace Matters



Investing in employee mental health leads to tangible business benefits:

- Burnout Prevention – Employees experiencing burnout are 2.6 times more likely to seek another job. (Gallup's "State of the Global Workplace Report").
- Reduced Turnover – High-stress environments increase turnover rates by 50% (Harvard Business Review).
- Increased Productivity – Mentally healthy employees are 23% more productive (Source World Health Organization WHO).
- Lower Absenteeism – Mental health support reduces absenteeism by up to 40% (Source CIPD).

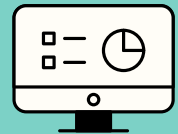


Our Programs

We offer structured and personalized programs, designed to address the specific needs of your teams. Our solutions are available as group sessions, one-on-one coaching, or hybrid formats.

Why Choose My International Therapy?

A Competitive Advantage in the Market



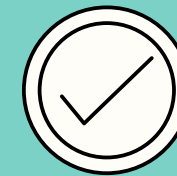
Exclusive Access
to Our Online
Therapy Tools
(Therapy Book) to
Complement the
Support



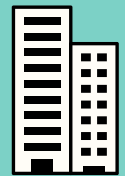
Tailor-Made
Mental Health &
Well-Being
Solutions to Fit
Your Company's
Needs



A Multidisciplinary
and Multilingual
Team of Expats in
Berlin



Accessible Offices
for Long-Term
Support When
Needed in Berlin
and Barcelona



On-Site Support:
We Bring Mental
Health
Professionals
Directly to Your
Workplace

Performance & Balance

Business-Oriented Support

- Executive & Management Coaching – Enhance leadership skills and managerial effectiveness.
- Finding Meaning at Work – Thematic workshop to realign purpose and motivation.
- Collaborative Team Workshops – Strengthen team cohesion and productivity.

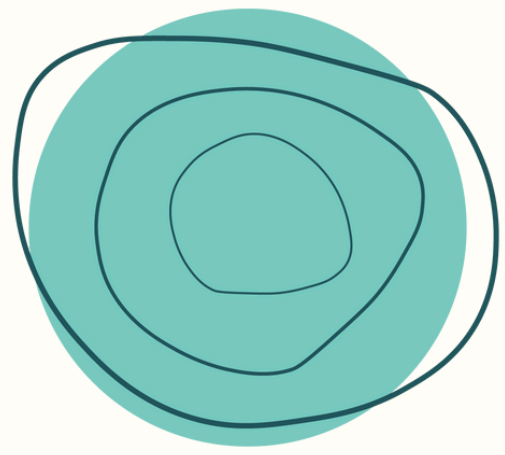


Emotional Well-being

Preventive & Supportive Care

- Burnout Prevention & Stress Management – Equip teams with resilience tools.
- Internal Relationship Issues – Improve communication and conflict resolution.
- Self-Confidence & Assertiveness – Empower employees to thrive in their roles.

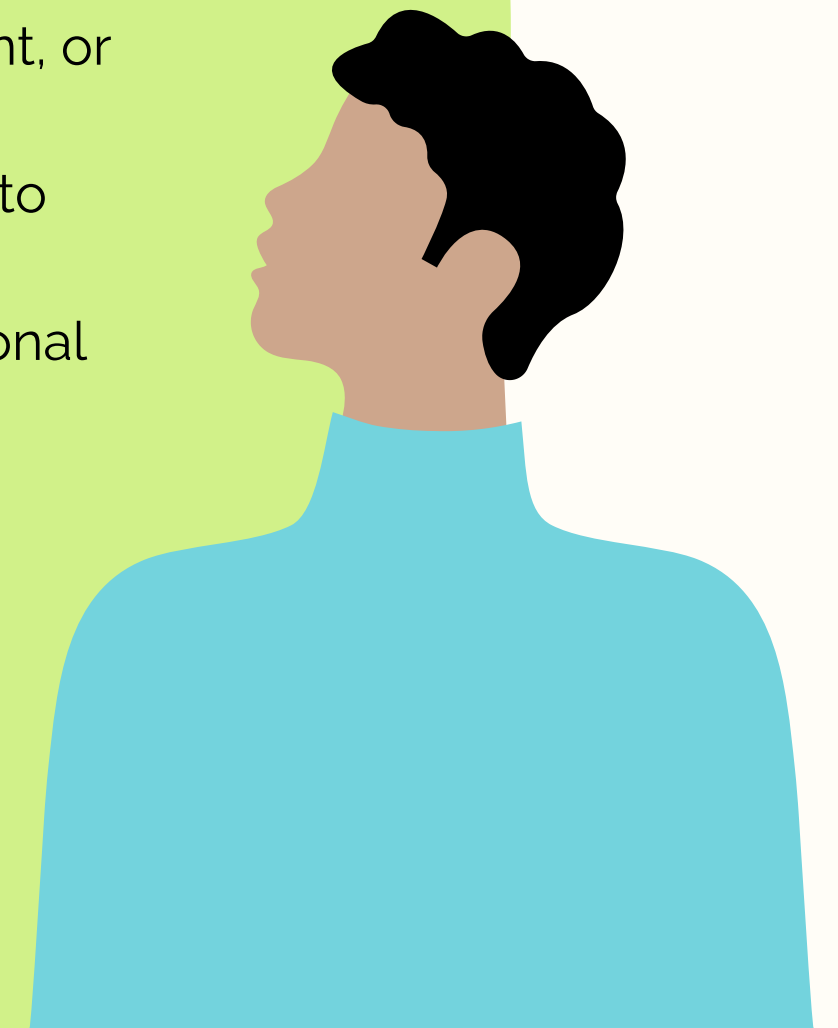




Personal & Family Challenges

Life Transitions Support

- Major Life Events – Support during life changes such as birth, bereavement, or separation.
- Expatriation & Cultural Adaptation – Guidance for a smooth transition into German culture.
- Family & Work-Life Balance – Tools for managing personal and professional responsibilities.



Tailored Solutions for Your Team

Packages & Customization

At My International Therapy, we understand that every company is unique. That's why our programs are entirely customized to fit the specific needs of your employees and align with your budget. We offer flexible and adaptable support structures to ensure the best outcomes for your organization.

- Psychological / Coaching Support (one-on-one or group sessions)
- Hypnotherapy & Mindfulness (stress management & personal development)
- Sophrology & Relaxation Techniques (physical & emotional balance)
- Holistic Well-being (customized wellness programs)



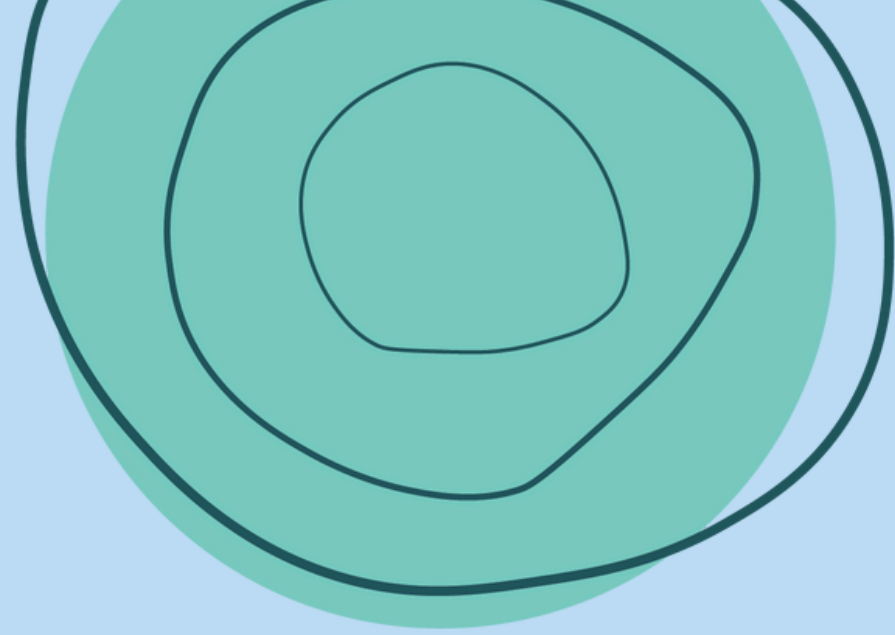


Mental Health: A Key Investment for Business Performance

60%

of work absences are linked to psychological issues such as burnout, stress, anxiety, and depression (Malakoff Humanis).

Prioritizing mental health is essential for sustainable business success.

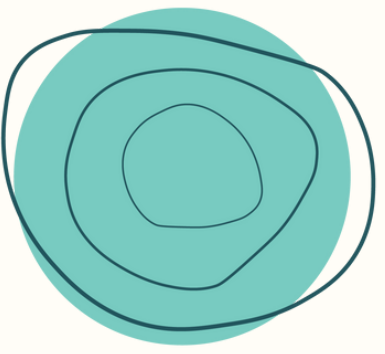


Tailored Solutions for Your Team

Our packages can be designed around different key areas:

- Business Growth & Leadership – Coaching, Performance Optimization, Teamwork.
- Personal Development & Resilience – Life Transitions, Confidence Building, Work-Life Balance.
- Emotional & Mental Well-being – Mental Health Support, Stress Management, Burnout Prevention.

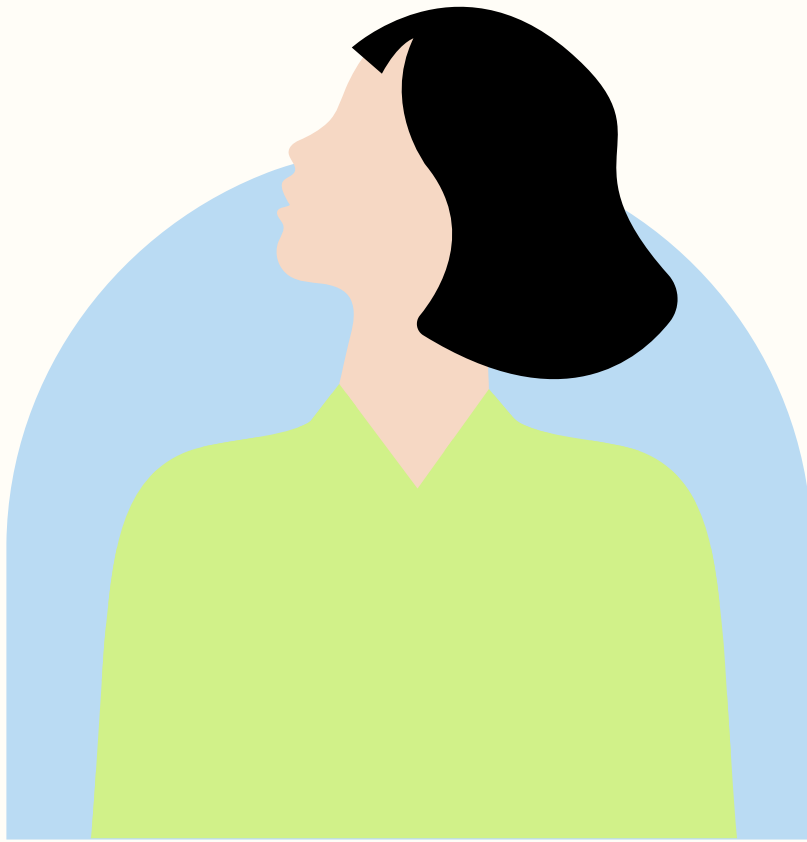


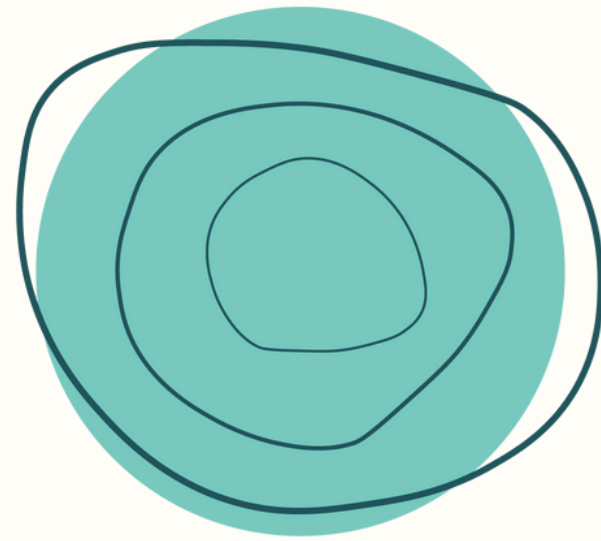


Pricing & Implementation

Our pricing is flexible and tailored based on the number of employees, session formats, and selected services. We offer:

- Subscription-Based Packages – Fixed monthly plans for ongoing support.
- One-Time Workshops & Training – Standalone sessions on specific topics.
- Customized Solutions – Designed to meet your company's unique needs.





Pricing & Packages

We offer flexible pricing for individual sessions, group workshops, and on-site corporate programs.

Let's discuss how we can support your employees' well-being. Get in touch at contact@my-international-therapy.com or book a free consultation.

INDIVIDUAL THERAPY & COACHING

- ✓ 1:1 Therapy Session (50 min) – 95€ (Remote or On-Site at Our Center)
- ✓ 1:1 Therapy Session (1h20) – 160€ (Remote or On-Site at Our Center)
- ✓ Coaching Session (Leadership, Stress Management, etc.) (1h20) – 230€

WELL-BEING SESSIONS & GROUP PROGRAMS

- ✓ Sophrology / Relaxation Session (1:1, 50 min) – 80€
- ✓ Group Sophrology / Relaxation Session (1h, up to X participants) – Starting from 180€

CORPORATE ON-SITE PROGRAMS

- ✓ Half-Day On-Site Services – +120€ (Additional travel & setup fee)
- ✓ Full-Day On-Site Services – +200€ (Additional travel & setup fee)

Get in Touch!

For a detailed proposal and to explore
how we can support your teams,
contact us today.

**Let's build a
healthier, more
resilient
workforce
together!**



See you soon!

Send us a message at
contact@my-international-therapy.com
if you have any questions.