

## **Claudia Ahl**

Claudia is a Clinical Psychologist at Yale-NUS. She earned her Masters Degree in Clinical Psychology in Australia and is a member of the Singapore Psychological Society. As well as extensive experience working with adults, Claudia has expertise in child, adolescent and family psychology in the private and public health sectors in Singapore and in Australia.

Claudia has a strong background in Cognitive Behavioural Therapy. She uses a range of techniques and therapies with demonstrated effectiveness to assess, diagnose and treat her client's mental health concerns. These include Maudsley Family Based Therapy, Parent Management Training, Psychodynamic Play Therapy, Applied Behaviour Analysis, Dialectical Behaviour Therapy, Schema Therapy and Mindfulness interventions.

Claudia enjoys working with a wide range of clients, presenting with diverse and complex issues. Her special therapy interests include depression, eating disorders, self-harm, and personality disorders. Through a collaborative and empathic approach with her clients, Claudia helps them connect with their deeper values, equip them with an increased sense of empowerment, self-compassion and an improved quality of health and well-being.

Claudia is available by appointment only on:

- Mondays 9am, 10am, 11am, 2pm, 3pm, 4pm
- Wednesdays 9am, 10am, 11am, 4pm, and
- Thursdays 9am, 10am, 11am, 4pm