

James Song

James is a counsellor in-training engaged for his practicum work in Master of Guidance and Counselling from James Cook University, Australia, and he holds a Bachelor of Arts (Psychology) from James Cook University, Australia. He has 2 years of face to face counselling experience working with local and international tertiary students in Singapore. He is working towards specialisations in academic-related problems, exam stress, anxiety, acute depression, transition and adjustment, relationship, and self-esteem issues. He takes an integrated and collaborative approach in his work, namely, Cognitive Behavioral Therapy (CBT), Schema Therapy, Existential Therapy, and Reality Therapy. His focus is in fitting what is best to a particular client and concern.

James is available by appointment only on:

- Tuesdays 9am, 10am, 12nn, 1pm, 3pm, 4pm
- Thursdays 9am, 10am, 12nn, 4pm