

## FAMILY PSYCHOLOGIST OF THE YEAR

## DoctorAna Solutions

**Dr. Ana Aguirregabiria**

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*Dr Ana's proactive and flexible approach represents an esteemed level of care which can support families on both a long-term and short-term basis, providing a nuanced service which can reflect the needs of both the wider group and the individuals within.*

Dr Ana Aguirregabiria is a renowned UK-based family psychologist and founder of DoctorAna Solutions. Utilising her skills as an expert in family and group dynamics, Dr Ana created a practice which embraces the inherently intimate nature of psychology and utilises it as a driving force behind providing comprehensive and bespoke care to each individual family or group. She is particularly successful in working with those families and groups who wish to turn their relationships into more satisfying and fulfilling interactions.

A pre-eminent expert in her field, Dr Ana has over two decades' experience in the field of mental health and psychological wellbeing. She completed her Doctorate in Clinical Psychology (C.Psychol) in 1987 which received chartered status in 1995. She went on to complete her PhD looking into what clients find useful of psychological interventions for which she obtained a Merit Cum Laude in 2006. She has continued to improve her care to her clients by continuing her education, being awarded a licentiate in Homeopathy in 2010 and her honour of being nominated an Associate Fellow of the British Psychological Society the same year.

This extensive experience reflects Dr Ana's dedication to keeping pace with the latest developments in her field thereby allowing her to provide a robust and refined service to her patients. The families and groups she supports, benefit from a sense of exceptional professionalism. Dr Ana delivers an array of individually tailored interventions that are grounded in clinical experience and informed by research evidence. Her expertise encourage the development of communication skills which build trust between the family and within the group. As a result, this enables the solution of conflict – the improvement of the dynamic between members of the family which creates satisfying reciprocal interactions. Dr Ana encourages each individual member of the family to achieve their own potential through building many full and supportive connections and nurturing relationships therefore creating long-lasting results

Dr Ana's proactive and flexible approach represents an esteemed level of care which can support families on both a long-term and short-term basis, providing a nuanced service which can reflect the needs of both the wider group and the individuals within. The Medical LiveWire judging panel found that this was particularly prevalent in how she deals with high-stress niche situations such as family business co-ownership. By offering a tailor-made solution which fosters communication, Dr Ana is able to create a dynamic which can nurture not only a successful inter-personal relationship but a higher chance of successful business dealings.

