

My journey with the Sigmund Freud University started back in 2015, when I enrolled on a 5 year study programme of psychotherapy science. My chosen modality was of psychodynamic orientation, which I am currently in a process of expanding with a specialization in logotherapy.

Because psychotherapy is not an autonomous profession in my home country Slovenia and because it is not integrated into the national health system, one of a few given options is to go on a path of entrepreneurship. Entrepreneurship is a new kind of language for me, as I have been focusing on my studies in psychotherapy and put the task of establishing my practice on the side.

My perception of entrepreneurs was established on the assessment that we simply do not have a lot of things in common. I have thought that our priorities are too versatile and that I couldn't integrate those differences into my own path of becoming a psychotherapist in Slovenia.

Through the experience with the Ifempower Spring School I have come to realize that entrepreneurs are the ones who for one reason or the other, decided to go against the traditional route and are willing to take a risk to follow their vision. And that after all is not so different to my professional trajectory.

I have come to realise that although the "how" is important, what makes me excited about my professional route is the "why". My "why" for going and persisting on this path is the vision of making psychotherapy more accessible in my home country and worldwide. My vision also entails destigmatization and normalization of mental health struggles.

Why do I care to try to fix the problem of mental ill-health? Well I have three reasons why. First one being that mental health is the base for a fulfilled and meaningful life. Second one being that I and the people in my life have suffered or are still suffering with mental health problems. And the third reason being that I believe that each and every one of us has the capability to change for the better.

What I am sensing is that we need a platform that focuses on both prevention and treatment of mental struggles. A platform that could offer a safe space for people who are interested in investing their time into their self-care. That space would offer professional help through

psychotherapy (both in person and online), through lectures and workshops that would focus on questions about our wellbeing, and through articles that would offer a tangible resource for self-development. My wish is that the platform would offer an international section where most of the material would be available in English.

At the moment, the proposed platform is alas a concept. What I am looking for are people who are motivated and interested in adding a piece of a puzzle to the much needed mental health space. I would like to get in touch with people who are interested in psychoeducation and contributing to the message of normalization of the struggles of the human experience.

If you are interested in the idea of creating this platform and in the collaboration, feel free to contact me at: ana.zore24@gmail.com