



Dr Sara Beneit is a Medical Practitioner and Psychotherapist graduated in Medicine from the *Universidad Autonoma de Madrid*; and trained in Psychological Therapies, such as Neurolinguistic Programming and Clinical Hypnosis. Dr Beneit has a long trajectory in humanitarian medical issues of public health and human diseases, and as health project coordinator with the ICRC. She has managed public health projects in the Democratic Republic of the Congo, Peru, Indonesia, Chad, Pakistan, Liberia and the Philippines.

More recently, and since 2012 Dr Beneit has focused on a more personal medical practice ameliorating the health status of individuals; assisting with personal development; and on the mental health of humanitarian workers working in remote, conflict and crisis management environments, and in need of support from a mental health professional who has first-hand experience of challenging work environments and conditions.

Dr Beneit is available for private consultations, both in person and remotely through encrypted video conferences on a private basis, and can travel to specific mission locations engaged by international organizations and NGOs.

Dr Beneit can be reached directly at DrSaraBeneit@gmail.com