



ALEKSANDAR PLAVSIC

— Ψ —

PSYCHOLOGIST

Individual Psychological Support

Confidential, psychology-informed support for professionals, expats and international clients navigating stress, burnout and work-related difficulties.

For HR, individuals, expats and international clients

aleksandarplavsic.com | info@aleksandarplavsic.com

About Aleksandar

I am a psychologist based in Barcelona, working online and in person with individuals and professionals navigating pressure, emotional overload, work stress, transitions and international life. My approach combines psychological depth, practical reflection and an understanding of professional realities.

Psychological support

Support shaped by counselling, suicide prevention experience and individual client work.

Work-aware approach

Understanding how work pressure, role demands, leadership responsibility and organizational culture affect wellbeing.

International perspective

Experience with clients and professional contexts across cultures, languages and international transitions.

Research-informed thinking

PhD work connected to mental health at work, burnout, leadership and wellbeing.

Online internationally | In person in Barcelona or by arrangement

aleksandarplavsic.com | info@aleksandarplavsic.com

Who I Work With

Professionals under pressure

People carrying high workload, responsibility, uncertainty, leadership pressure or emotional fatigue.

Expats and international clients

People adjusting to relocation, language, identity, cultural adaptation or life between countries.

People navigating burnout risk

Clients noticing exhaustion, detachment, reduced motivation, irritability or difficulty recovering.

Clients seeking clarity

People who want to understand patterns, emotions, decisions and relationships with more structure.

Common reasons people reach out

- Burnout and emotional exhaustion
- Work stress and workplace conflict
- Career transitions and uncertainty
- Relocation and adjustment
- Anxiety and emotional overwhelm
- Leadership pressure and responsibility

Online internationally | In person in Barcelona or by arrangement

aleksandarplavsic.com | info@aleksandarplavsic.com

How Sessions Work

Format

50-minute sessions, available online or in person in Barcelona.

Focus

Sessions combine reflection, emotional understanding and practical next steps.

Style

Calm, structured and human. Not generic advice, not coaching slogans, and not a one-size-fits-all method.

Languages

English, Spanish and Serbian. Italian may be possible for conversational contexts.

Why Clients Choose To Work With Me

- A psychologically informed but practical approach.
- Experience across individual support, public mental health and corporate environments.
- Strong understanding of international life, professional identity and work-related pressure.
- A respectful, grounded space for people who want to understand themselves and move forward.

Online internationally | In person in Barcelona or by arrangement

aleksandarplavsic.com | info@aleksandarplavsic.com