

ASTRID MATARRITA



Psychotherapist
Couples Counselor

& CO-FOUNDER
BLUE ZONE
THERAPY HUB

Profile

ENFJ | Extraversion | Intuitive |
Feeling | Judging

By. Myers Briggs Personality
Inventory

Enthusiastic, goal-oriented, with a deep, complex personality. A strong desire to help others and skilled at understanding and responding to the emotional needs of those around.

Described as charming and likable, straightforward, confident, empathetic, persuasive, and supportive.

Strong values and opinions guide her advocacy. Decisive, able to see the big picture, rather than immediate realities and details.

Prefers structured, organized, and planned environments over spontaneity.

Experience

With roughly 11,000 hours of therapeutic experience, a career centered in practice, and rooted in the therapist's chair. For more than 16 years, dedicated to listening, understanding, and analyzing clients' patterns for continuous insight.



Clinical Psychologist & Founder.
Saigon Psychology | 2010-2024 |
Vietnam

Clinician in private practice. Specialized in a multifaceted approach integrating CBT, trauma awareness, and neurofeedback therapy.

Expert in analytical/dynamic psychotherapy and other sophisticated therapeutic interventions for adults and couples. In couples counseling, advanced strategies to disarm conflicts and enhance relational dynamics.



Counselor & Founder. Pura Vida
Coaching | 2020-2023 | Hong Kong

During severe lockdown regulations in Hong Kong, pioneered, the establishment of an online coaching platform tailored to support employees in the financial sector.

Education



Co-Chair, Women in Leadership Committee. American Chamber of Commerce
2020-2024 Ho Chi Minh City, Vietnam

Coordinator and support for activities promoting women's empowerment, inclusion, and representation, alongside advocating for mental health awareness. Served as a panelist in 8 events within Amcham.

Guest Lecturer



Guest Lecturer.
Fullbright University. 2023-2024
Ho Chi Minh City, Vietnam

Diagnosis and Abnormal Psychology Class, on topics including common practices as clinician and neuroanalytic approaches to anxiety.

Educational background with an emphasis in Clinical Psychology from the Faculty of Medical Science, specializing in assessing, diagnosing, treating, and preventing mental disorders and psychological distress. Postgraduate thesis focused on exploring the phenomenon of bullying, specifically examining female aggression among peers.



Bachelor of Psychology

Universidad Latina de Costa Rica. Laureate International Universities. 2003-2006 | Costa Rica



Master in Psychology

Universidad Latina de Costa Rica. Laureate International Universities. 2003-2006 | Costa Rica



Couples Counseling Level 1

Gottman Institute in association with Relational Institute. 2017 | Sidney, Australia



Couples Counseling Level 2 & 3

Gottman Institute in association with EMMC Center. 2018-2019 | Singapore

Languages



English : CEFR C2, Fluent

100%

Français - CEFR A1, Utilisateur Élémentaire

25%

Español. Nativo

100%

Practicing License



Board Certification 6496
Accredited by
Costa Rica's National Board of Psychology | 2009-Present

Additional Certifications



Workshop Training for Clinicians
7 Principles to make a marriage work & Bring the baby home.
Gottman Institute
2020 | USA

Early Experience

Freshly graduated from postgraduate studies, gained invaluable experience in child psychology family dynamics at the most prestigious international school in the country and top elite governmental institutions.



Elementary School Counselor.
Country Day School. Nord Anglia
Jan 2010-Aug 2010 | Costa Rica

Supports students' emotional well-being, social development group sessions for social skills, Collaborations with parents and teachers for academic success.



Psychotherapist & Co-Founder.
Psicología para la Vida.
2009-2010 | Costa Rica

Private practice specializing in psychotherapy, comprehensive evaluation, and testing services for adults and families.

Internships



Internship. Hospital Calderón Guardia.
CCSS. 2007-2009 | Costa Rica



Internship. Patronato Nacional de la Infancia. PANI
2005-2006 | Costa Rica