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Summary

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Description

Feeling overwhelmed, stressed out, or isolated? I'd like to help! I am a California therapist providing video and phone sessions. I believe that we are the experts of our own lives and I'll provide guidance on your goals of building positive connections and empowerment through transitions and challenges in your life. Therapy isn't about telling you what to do but about showing you patterns, meaning, and behavior that can lead you to feeling more fulfilled, all while using a little humor along the way.

My goal through our work together is to provide alternative perspectives to bring peace in your life, motivate you into new behaviors and realistic goals, and provide psychoeducation techniques to create healthy dynamics surrounding you. This is your chance to build a stronger connection with yourself and improve your relationships with others.

I work hard to build a bond where my clients feel heard and understood. I recognize that you are trusting and sharing with me parts of your personal life. This process can be hard but it doesn't have to be hard alone. We'll work through a plan to move you closer to the "you" that you want to be.