

We Can Match You With a Good Fit



WHO WE HELP

- Couples
- Engaged Couples
- Parents
- Kids
- Teens
- Families
- LGBTQ+
- Adults
- Young Adults
- Mothers

Counseling can facilitate transformational change and growth.
But first, you need a therapist who gets you.



HOW WE HELP

- EMDR
- Play Therapy
- Online Therapy
- Group Therapy
- Somatic Therapy
- Brainspotting Trauma Therapy
- Cognitive Behavior Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Acceptance & Commitment Therapy (ACT)
- Emotionally Focused Therapy
- Behavioral Therapy for Children
- Gottman Method Couples Therapy
- Internal Family Systems (IFS) Therapy
- Mindfulness Therapy
- Multicultural Counseling
- Solution Focused Therapy (SFT)
- Work-Life Balance Coaching



WHAT WE TREAT

- Addiction
- Autism & ADHD
- Anxiety
- Chronic Illness
- Depression
- Disordered Eating
- Grief & Loss
- Health Coaching
- Infertility
- Insomnia
- Relationships, incl. Premarital, Divorce, and LGBTQ+ Couples Counseling
- Life Transitions
- Mediation
- OCD
- Panic Attacks
- Parenting Skills
- Perinatal & Postpartum
- Self-Esteem
- Trauma & PTSD
- Career Concerns



SCHEDULE

- Daytime
- Evening
- Weekend
- In-Person or Online



FINANCIAL

- Out of Network
- HSA/FSA
- Reduced Fee with Counselor Intern
- Insurance Reimbursement

A safe, trusting therapeutic relationship that results in real change - healing, growth and meeting the client's goals.