

Dr. Lina Kaplan Clinical Psychologist

Description:

Whether you are struggling with an acute crisis, change or loss in your life, or even if you are "only" feeling mild and persistent distress, it can take a toll on your body and mind. In both Individual and Marriage Counseling, we work together to understand how ordinary life events as well as unusual stressors, losses and traumas can have an impact on your well being. Together we work to expand on your inner strength, your self-awareness, and help you make meaningful, desired, long-lasting changes.

My treatment philosophy is based on the belief that the practice of self-discovery creates more room for you to live your life to its fullest potential. By living more authentically and cultivating a compassionate understanding of yourself, you can begin a path towards a more fulfilling life with more satisfying relationships.

As a trilingual (English, Hebrew and Russian), I have a special interest and expertise in immigration, relocation, and cross-cultural challenges. With a background in dance, I work with both professional and social dancers in helping them to create greater awareness about the mind-body relationships so they can be expand their creative processes and be better able to express themselves on the dance floor.

Please feel free to contact me and together we can take the first step in your journey of self-discovery and change.

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