

Sacramento, individual, couples therapy, relationship issues

Description:

“Are you and your partner having trouble communicating without dissolving into conflict that seems to be never get resolved? Are you tired of feeling anxious and walking on eggshells? Do you have difficulty expressing yourself and getting your needs met? Do you often end up in the same relationship rut without being able to find a way out of an unsatisfying cycle of blame and regret?

I do more than just listen and say "Uh huh". My approach is straightforward. Perhaps you need an effective way to get your needs met in your relationships, or in your workplace. Or, you're a parent trying to understand how to relate to your adolescent? Let's talk.

I help couples, women, men, adolescents resolve communication issues impacting family and professional relationships. I also aide with adolescent challenges. It is about the ability to help find the answers and chart a new course while figuring out who you are and what you want out of life.â€•

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