**Mission:**

My mission is to address mental health issues using traditional western counseling methods and eastern wellness holistic practices to inspire my clients by providing tools to interpret and respond to situations differently. I offer new paradigms to understand themselves, as well as the reasons for their feelings. I help my clients see situations as opportunities to grow and evolve, in order to experience more good in life. My mission is also to encourage my clients by offering focus and clarification on what steps to take to improve. My style is behavioral and humanistic and collaborative and cooperative.  My role is to help clients solve lifelong issues, at higher and higher levels, to increase life satisfaction and happiness.

*Therapy only works from the heart.*

The love of the client for him/herself, continually increases as pain, stress, fear and blockages are transformed. Through my skills and openness, the client can acknowledge his/her tensions, blockages and fears in order for transformation to take place. In the client, all the resources for transformation are always present and in therapy we see the person behind all problems and blockages, a completely free and whole individual. The client can thus, fully live his/her personal Aliveness & Embodiment in life.

**Living Creed: In attached folder**

**Target Audience:**

People struggling with depression; anxiety; mood disorders; grief; loneliness; confusion; shame about mental health challenges; Soul Searchers; Conscious Choice-Makers; People who are sick and tired of being sick and tired…

**Brand Personality:**

Soothing; Approachable; Classy; Respectful; Androgynous; Hopeful; Peaceful; Calming; Mystical; Safe; Competent; Professional; Subtle; Transformational; Strong on the Inside yet Soft on the Outside…