

WHAT IS YOUR PHILOSOPHY IN PSYCHOTHERAPY?

I believe that some of the biggest shifts begin within the therapeutic relationship and then extend out into daily life and that all clients have the ability to make changes in their lives. I strive to create a safe space for them to be able to do that, to explore the roadblocks that get in the way of living a healthy, balanced life, and to identify strengths that they can build upon.

My aim is to help clients see what is in their control to change and where it may help to practice acceptance. I want to empower my clients to be their best selves and address unique challenges from developmental, cultural, and psychological viewpoints.

WHAT APPROACHES DO YOU USE TO HELP YOUR CLIENTS?

I integrate different approaches to therapy including Dialectical Behavioral Therapy (DBT), Acceptance Commitment Therapy (ACT), mindfulness, interpersonal approaches, attachment, and family systems theories.

WHAT ARE YOUR AREAS OF EXPERTISE AND WHO DO YOU WORK WELL WITH?

I specialize in working with people experiencing Anxiety, depression, Eating Disorders, life transitions, career issues, grief/bereavement, gains and losses, self-esteem and body image issues, and Trauma.

WHAT'S YOUR THERAPEUTIC STYLE WITH YOUR CLIENTS?

Collaborative, Client-centered, empowering.

WHAT LANGUAGES DO YOU SPEAK?

English.

PAST EXPERIENCE AND EDUCATION

Dr. Karen Miller is a licensed psychologist and completed her undergraduate degree in theater arts with a minor in psychology from California State University, Monterey Bay. She gained experience with youth and teens in group home and continuation school settings.

She earned her Master's in counseling with an emphasis in College Student Services from Saint Mary's College of California and worked with a variety of college students, including first-generation students and veteran students, on transition issues, anxiety, depression, and family struggles.

Karen continued her education at Purdue University in Indiana and earned her PhD in Counseling Psychology in 2019.

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