

WHAT IS YOUR PHILOSOPHY IN PSYCHOTHERAPY?

I believe the therapeutic relationship is key in providing a solid foundation for individual learning and growth and I aspire to create a safe place for each individual to forge a path of healing and move toward a more vibrant life.

WHAT APPROACHES DO YOU USE TO HELP YOUR CLIENTS?

My approach is influenced by Attachment Theory, Psychodynamic psychotherapy and Relational psychotherapy. I also use elements of Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) and Mindfulness as they fit with each unique individual and what they are facing.

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

I work with a range of presentations in age and struggle including teens, young adults, adults and older adults facing a variety of challenges and primarily specialize in depression, Anxiety, OCD, grief and loss, co-parenting, Eating Disorders, relationship issues and life transitions.

WHAT'S YOUR THERAPEUTIC STYLE WITH YOUR CLIENTS?

Non-judgmental, compassionate.

WHAT LANGUAGES DO YOU SPEAK?

English.

PAST EXPERIENCE AND EDUCATION

Tricia is a licensed Marriage and Family Therapist who has worked with a broad spectrum of clients for 12 years. She has facilitated group therapy for children, teens and adults with an array of struggles.

Her early work included a year of internship working in both a university counseling center and an agency focused on therapeutic support for individuals and families navigating grief and loss. She then went on to gain experience working for community counseling centers doing individual and couple therapy as well as crisis assessments and teaching co-parenting classes.

Tricia has worked in a private practice setting and most recently spent seven years specializing in the treatment of Eating Disorders at the intensive outpatient level. She has worked collaboratively with medical and therapeutic teams at all levels of care.

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