Five Cities Therapy

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Company logo

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I provide counseling services to address anxiety, depression, relationship issues, and more. I am licensed as a Marriage and Family Therapist and Professional Clinical Counselor. I have been seeing clients on the Central Coast since 2006. I have a Masters degree in Counseling Psychology from the University of Santa Clara and a Ph.D. in Human Development from Fielding Graduate University. I have invested in training in a number of research-proven approaches to help individuals and couples heal. As the top Arroyo Grande Therapist, we are here for you.