

THERAPEUTIC METHODS

- ❖ Cognitive/Behavior
- ❖ Family Systems
- ❖ Psychodynamic
- ❖ Humanistic

CONTACT INFORMATION

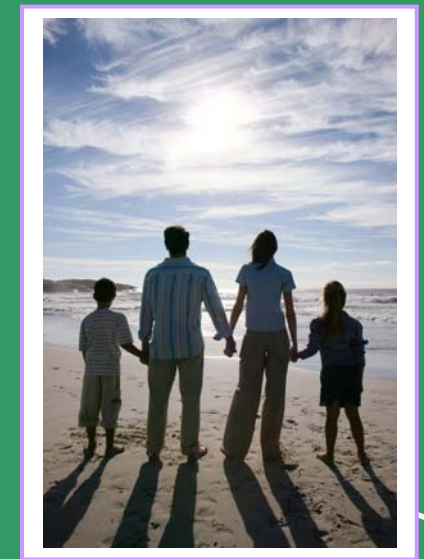
Call (831) 466 - 3355

**For more information about my
services go to my website at
www.michellemyers-therapist.com**

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(831) 466-3355
License #44316

Michelle Myers, M.F.T
Therapeutic Services

Compassionate guidance
for your future



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SUPPORT FOR A
CHANGING LIFE

ABOUT ME

I'm a Licensed Marriage and Family Therapist practicing in beautiful Santa Cruz County. My work over the years has given me the great opportunity to do therapy with children, families, individuals, and couples in a variety of settings. I also enjoyed many years employed as a School Counselor helping children and parents manage through their social, emotional, and academic journey.

My goal is to provide a healing and safe environment for my clients. My approach is one of flexibility and sensitivity to each individual so I often integrate theories when developing a treatment plan for you. I offer honest, thoughtful, and respectful feedback; along with warmth, humor, compassion, and guidance. I help people discover and use their existing resources, ideas and experiences to enhance your wellbeing. Therapy is based on our mutual efforts; together we can discover how changes can be made and emotional health restored.



SERVICES

My Services Include Therapy for:

- ❖ Couples (dating, married or alternative partnerships)
- ❖ Individuals (school ages and up)
- ❖ Family
- ❖ Children and adolescents

Other Services Include:

- ❖ Education and career consulting
- ❖ Parenting support and education
- ❖ Pre-marital counseling
- ❖ Anger management
- ❖ Life transitions skills



GUIDANCE FOR (THE SHORT LIST):

- ❖ Increase your self image/esteem
- ❖ Successful communication with others
- ❖ Release anger, pain, and loss without using self destructive behaviors
- ❖ Understand and gain relationships skills
- ❖ Trust yourself and others
- ❖ Discover the whys of actions and decisions
- ❖ Make healthy lifestyle choices
- ❖ Identify and overcome fears
- ❖ Understand and have a better, more loving and respectful relationship with parents, friends, siblings, and loved ones
- ❖ Clarity on life transitions
- ❖ Explore desires, dreams, goals and ..
- ❖ Clarity on education and career decision making
- ❖ Manage stress in your life
- ❖ Gain parenting skills, education and understanding
- ❖ Healing

