

Therapy Services for Individuals, Couples & Families



Online Therapy & Grief Counseling Groups in Los Angeles & Beverly Hills

Change is difficult but necessary in life. I have a deep respect for anyone who has the will and courage to begin the process of change. I can help create the conditions where you feel supported enough to begin the journey.

As human beings we tend to fantasize about reinventing ourselves or the situations we created. We wish there was a magic wand that could transform us. I work with this desire for change and help people process the hard places they don't want to go to alone. I believe doing this work will provide a richer and more meaningful life.

Individual Therapy

I bring a direct, grounded approach to helping people with their day-to-day situations, while also drawing upon my training in psychodynamic therapy to work towards lasting change. My style is flexible, informal and gently confrontational. I bring warmth and compassion to help open up possibilities for people. It's exciting when something that seemed unattainable begins to seem reachable.

Brief Therapy With Individuals And Couples

Elliott Connie



Brief Therapy With Individuals And Couples:

Brief Therapy with Individuals and Couples Jon Carlson, Len Sperry, 2000 TABLE OF CONTENTS 1 Brief integrative behavior therapy with individuals and couples 2 Cognitive behavioral strategies 3 Rational emotive family therapy 4 Multimodal strategies with adults 5 Short term therapy for character change 6 Depth oriented brief therapy Accelerated accessing of the coherent unconscious 7 Object relations brief therapy 8 Adlerian brief therapy Strategies and tactics 9 Efficient adlerian therapy with individuals and couples 10 Brief reality therapy 11 Stage Appropriate change oriented brief therapy strategies 12 The satir system Brief therapy strategies 13 Imago strategies 14 Psychoeducational strategies 15 Solution focused brief counseling strategies 16 EMDR and resource installation principales and prodecures 17 Biopsychosocial therapy Essential strategies and tactics *Solution Building in Couples Therapy* Elliott Connie, 2012-09-14 Print CourseSmart **Brief Therapy with Couples** Maria Gilbert, Diana Shmukler, 1996-12-23 Brief Therapy with Couples is a practical guide to brief therapy for couples relationship problems that relates therapy to the cultural racial religious context of relationships as well as key issues like parenting same sex relationships *Brief Therapy for Couples* W. Kim Halford, 2003-08-01 This book provides a complete guide to self regulatory couple therapy SRCT an innovative clinical approach that maximizes the couple s capacity for self directed change Presented is a flexible framework for treating couples effectively in as few as one or two and as many as 25 sessions of highly focused work Featuring step by step intervention guidelines and helpful clinical examples the book demonstrates how to identify those couples for whom very brief therapy is possible how to focus in quickly on the processes associated with relationship distress and how to integrate additional therapeutic components for clients needing longer term help **Brief Therapy With Couples and Families in Crisis** Robert Taibbi, 2017-11-01 As the average length of therapy shortens clinicians need a resource to lead them step by step through the goals and process of the opening sessions of brief therapy as well as clear treatment maps for the most common presenting problems This resource helps clinicians do just that and more including doing a quick assessment and isolating and addressing the underlying emotional wounds that prevent families and couples from solving problems on their own Readers will not only learn how to think brief they will also discover how to navigate the session process in an interactive and action oriented way even with clients who are in high pressure crisis situations **Brief Therapy for Clients with Challenging or Unique Issues** Saul A. Singer, 2023-10-10 Brief Therapy for Clients with Challenging or Unique Issues offers clinicians interns and students a unique look into the creative and effective application of foundational concepts and innovative clinical processes that lead to successful outcomes with even the most challenging clients Chapters illustrate complex interventions such as those involving clients court ordered or coerced into therapy first generation immigrant families in the criminal justice system families at risk of losing custody of their children foster children in the child welfare system clients of multigenerational poverty and families requiring in home family therapy and more Each of these includes

moment by moment co constructive processes that document effective intervention ideas and strategies Rich in neurolinguistics innovative approaches and the application of advanced solution oriented strategies Brief Therapy for Clients with Challenging or Unique Issues weaves together the stories of courageous clients and offers innovative tools that empower and motivate even the most reluctant clients to engage and identify solutions that fit for them Short-Term Object Relations Couples Therapy James M. Donovan,2013-08-21 First Published in 2003 Routledge is an imprint of Taylor Francis an informa company *The Adolescent and Young Adult Self-harming Treatment Manual* Matthew D. Selekman,2009 A detailed treatment protocol for working with self harming adolescents and young adults

Solution-Focused Brief Therapy with the LGBT Community Rebekka Ouer,2015-10-23 Solution Focused Brief Therapy with the LGBT Community is a practical guide for mental health professionals who wish to increase their therapeutic skills and work more effectively with LGBT clients This book shows how to help clients reach their goals in tangible respectful ways by identifying and emphasizing the hope resources and strength already present within this population Readers will increase their knowledge about the practical application of SFBT through case examples and transcripts modified directly from the author s work with the LGBT community and by learning more about the miracle question exceptions scaling compliments coping homework and more *Solution-Focused Brief Therapy with Clients Managing Trauma* Adam Froerer,Jacqui von Cziffra-Bergs,Johnny Kim,Elliott Connie,2018-07-24 The topic of trauma has been covered in many books and there are many publications covering the use of SFBT in different settings and with varied client populations However the convergence of these topics has to date been covered only minutely Solution Focused Brief Therapy with Clients Managing Trauma is a comprehensive overview of how Solution Focused Brief Therapy SFBT can be used as a treatment approach for working with clients managing various forms of trauma It includes an overview of SFBT s basic tenets a description of the current research supporting SFBT as an evidence based practice and a comparison of how SFBT clinicians may approach trauma cases differently than clinicians from other therapeutic approaches The bulk of the text uniquely includes chapters contributed by skilled SFBT clinicians with differing clinical expertise sharing their knowledge and describing their strength based resiliency focus of applying SFBT in different traumatic circumstances Practitioners and even Master s doctoral students will find this text invaluable in learning how to best help traumatized clients develop a positive future and move toward healing and health

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