

To my clients,

As your counselor, I firmly believe in you as a unique person in possession of your own strength and power to heal yourself. I am committed to help and support you in finding and utilizing your own resources within yourself and your social support network. It is important to me, as a crucial aspect of therapy, to establish a relationship with you based on respect, trust and admiration for your individuality and personal strengths, independently of the circumstances that bring you to counseling.

I am open to help you in general adjustments to life changes and crises, grief and bereavement and interpersonal relationships issues. My areas of expertise include parenting, postpartum adjustments, postpartum mood disorders, couples therapy, domestic violence and post-traumatic stress. In situations outside my specific areas of expertise, I may, with your permission, consult with a specialist or refer you to another professional to better serve your needs. My theoretical orientation is integrative of client-centered, brief solution focused, cognitive-behavioral, and psychodynamic approaches.

I lived in South America and Europe before moving to the U.S., and can offer counseling in Spanish, French and German as well as in English. My culturally competent approach is enhanced by my experience with the population with disabilities.

My belief in the wholeness of the human being inspires me to explore the different aspects of life—emotional, social, physical, and spiritual— that define you as a person and contribute to your individual situation. My aspiration is to become your guide and companion in the path to healing and recovery, personal growth and well-being.

I am a board certified Licensed Professional Counselor (LPC) having graduated from Siena Heights University with a Master degree in Community Counseling. I am currently pursuing a doctoral degree in Health Psychology at Walden University. As a member of the American Counseling Association, and the American Psychological Association I adhere to their Code of Ethics.

I am glad you chose me as your counselor and am looking forward to a productive and caring therapeutic relationship.

Marina Pessler MA, LPC, NCC