



Marriage Transformation LLC

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Marriage Transformation® is an educational service company whose mission is to dynamically empower individuals and couples to engage in skillful, character-based communications that contribute to creating happy, unified, and lasting marriages. Couples are like two wings of a bird – both must be strong partners with equal voices for them to soar!

For Bahá'ís Seeking Bahá'í-Based Professionals to Assist Them to Be Healthier Individuals and More Successful in Relationships, Marriages, and Families

An Information and Referral Resource from Marriage Transformation®

Updated August 21, 2021

**[Please do not circulate this list. Instead, please refer people to the most up-to-date version at this
link: <http://bahaimarriage.net/resources.htm>.]**

What Do You Need?

Bahá'í Institutions

For Bahá'ís, the Spiritual Assemblies are the institutions who oversee the administration of marriage, divorce, and related matters, and they can provide authoritative guidance on specific matters and decisions on specific situations as needed. Where Assemblies have established a level of trust and confidence with a believer, that believer would naturally turn to it. If a couple knows of an Assembly they would like to reach out to, they are free to do so.

Institutions and their representatives are charged with spiritually guiding those who turn to them and ensuring that individuals and couples are aware of Bahá'í teachings and laws that apply to their circumstances. At times institutions have access to quotations and guidance that are not generally available from other sources. Institutions are not trained in counseling or offering professional advice, although part of their role can be to encourage people to also draw on science and professionals in harmony with the Faith. Marriages and families are spiritual entities, and so it is important to have them be supported by spiritual institutions.

If an individual or couple does not have easy access to an Assembly, or if they are hesitant to approach their Assembly, there are other options. Auxiliary Board members are available to consult with any believer in his or her care. Those who serve in the role of Protection are often experienced with helping friends through challenges. While Auxiliary Board members do not have administrative authority, they can either directly or through an assistant, consult with a person or a couple, help them to consider the application of spiritual principles in their circumstances, and assist them to navigate the administrative processes with an Assembly, if necessary. Auxiliary Board members may also be familiar with the Local Assemblies in the wider area that can assist, should it be needed. Couples may also reach out to their National Spiritual Assembly, which can arrange for assistance to be provided.

All institutional representatives are available to assist and will collaborate as needed to walk with the souls of those needing guidance. It's important for individuals and couples to know that consulting with institutions about a problem is not backbiting. These institutions are sworn to uphold confidentiality; however, you may feel more comfortable about this if you discuss it directly with the institution involved. You may also request that

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individuals on the Assembly don't offer personal opinions about your situation but that the Assembly consult and give you their unified input.

Where a couple is not willing or ready to share specific information about their marriage, or the matters involved are ones where they are being helped by a professional, there is still spiritual benefit in turning to the institutions with a request for prayers. There is protection and help for the marriage and family by being under the umbrella of the institutions and the Covenant of Bahá'u'lláh.

“... [The Spiritual Assembly's] steady advancement requires an unbending commitment to promote the best interests of the community and a vigilance in guarding the process of growth against the forces of moral decay that threaten to arrest it. ... And sustaining its gradual maturation is unshakable faith in 'Abdu'l-Bahá's assurance that He will enfold every Spiritual Assembly within the embrace of His care and protection.” (Universal House of Justice, *Framework for Action*, 16.22)

Note: Every situation has its own unique elements. At times couples may not be able to meet with a local institution and will have to reach out further. Often Assemblies will encourage couples to obtain counseling or other assistance from professionals.

Selection of Bahá'í Guidance

The guidance below is a very brief selection that relates to the use of counseling and turning to institutions for Bahá'ís who need assistance with relationship, marriage, and family matters. Additional guidance is available from many sources, including here: <http://bahaimarriage.net/resources.htm>.

“...Your ongoing efforts to contribute to strengthening the institution of marriage by assisting individuals and couples through the study and application of principles derived from the Bahá'í Teachings are warmly appreciated. It is understood that, as you pursue this work, individuals sometimes raise questions about the application of Bahá'í marriage law to their circumstances, and it is in this connection that you have requested copies of recent letters written on this subject and clarification of the concept of conflict within marriage. However, the provision of guidance on administrative matters such as the laws of engagement, marriage, and divorce falls under the purview of Local and National Spiritual Assemblies; while Bahá'ís who are professional counselors are free to share with the friends extracts from the Bahá'í Writings and to offer advice of a general nature, it is best that they refer the friends in the first instance to their Local Spiritual Assemblies when questions arise about the application of the laws and Teachings of the Faith. ...

“As a general guideline, it is preferable that individuals offering counseling who are Bahá'ís not create the impression that they are a source of guidance in this area [parental consent] but rather, as stated above, refer the friends to Spiritual Assemblies. ...

“Regarding your query about conflict between the parties to a marriage, the term “conflict” encompasses a variety of conditions, ranging from contention to friendly disagreement. As you indicate, Bahá'u'lláh has forbidden His followers to engage in contention. He has also stressed the importance of consultation. Indeed, consultation within the family, employing full and frank discussion and animated by awareness of the need for moderation and balance, can be the panacea for domestic conflict. Besides assisting couples through their professional expertise, counselors can draw upon their insights into the Bahá'í Teachings to provide further assistance, such as by encouraging them to develop the skill of consultation and by helping them to distinguish concepts and practices current in society from those found in the Teachings. The views of professionals and of the wider society that are contrary to the Teachings will naturally have an impact on the friends in this age of transition. As the community grows in strength and as the Teachings become more fully understood and practiced by Bahá'ís, the distinctive characteristics of Bahá'í family life will become increasingly apparent. ... (On behalf of the Universal House of Justice to an individual, September 24, 2014)

“The House of Justice advises you to continue the strenuous efforts you are making to overcome the difficulties in your marriage. It is pleased to note that you and your husband have turned to the Local Spiritual Assembly for

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guidance and have sought help from a Bahá'í who is a marriage counselor. Such endeavors, when combined with a strong and determined effort, improve greatly the prospects that your marriage can be maintained. However, it must also be borne in mind that the fact that Bahá'u'lláh has permitted divorce is, no doubt, an indication that in certain circumstances it is unavoidable. If your earnest efforts to maintain your marriage do not yield the desired result, you should not be distraught." (On behalf of the Universal House of Justice, April 28, 1989, to an individual believer, *Compilation of Compilations, Vol. II, #2345*)

"Consultation is...available for the individual in solving his own problems; he may consult with his Assembly, with his family and with his friends." (On behalf of the Universal House of Justice quoted in the "Understanding Tests" letter from the Research Department to the Universal House of Justice, July 17, 1989)

"Neither you nor your husband should hesitate to continue consulting professional marriage counselors, individually and together if possible, and also to take advantage of the supportive counseling which can come from wise and mature friends. Non-Bahá'í counseling can be useful but it is usually necessary to temper it with Bahá'í insight." (On behalf of the Universal House of Justice, *Compilation of Compilations, Vol. II, "Preserving Bahá'í Marriages"*, p. 455)

Assistance from Professionals

Type of professional:

Below is a list of people who offer many types of assistance, each with different training and focus areas. As you consider choosing someone, think through what your needs are and whether you prefer in-person sessions or whether working over the internet by video conference can work well for you. Many of the professionals on this list are willing to work with people globally over the internet.

If you are dealing with complex issues that have occurred over many years, you may need a trained therapist or marriage and family counselor to help you. If you need knowledge and skill-building, a coach or educator may be a good fit. You may need both!

If you are having a marriage issue, please see someone trained in marriage counseling and working with couples and not someone trained to work just with individuals. It's also wise to ensure the person is pro-marriage rather than automatically advising divorce.

Working with a non-Bahá'í professional:

You may be able to find someone that is a fit for you and is also a Bahá'í. If you decide that you need in-person help, and there are no professionals in your area who are Bahá'ís, you may need to help the professional understand your religious views. For Bahá'ís who seek help from a non-Bahá'í practitioner, a document is available to give to the person to help you avoid having to spend considerable time in a session explaining the Bahá'í Faith and its views on marriage. It is downloadable from this website page:

http://www.bahaimarriage.net/resources_troubledmarriages.html.

Online education opportunity:

A multi-disciplinary faculty/mentor team offers Bahá'í-based courses regularly on relationship, marriage, and family (parenting) topics through the Wilmette Institute, an agency of the United States National Spiritual Assembly. There are courses for singles, unmarried couples, married couples, and parents. Courses are open to people at any relationship stage and any religion or none. Scholarships and discounts are available. Details are available at: <https://wilmetteinstitute.org/departments/relationships-marriage-and-family/>. Marriage Transformation also offers online courses at www.transformationlearningcenter.com.

Referral List

Note: This is ***not a recommendation list***; each person or couple will need to screen the people on the list to find a “good fit” for them. Listings are presented in Alphabetical Order by Last Name. Listings include the following information:

Name
Credentials/Degrees
Location
Languages the professional speaks
Description of their services and who they serve (individuals, couples, families...)
Contact information
Website (if available)

Below is a list of Bahá'ís who are professionals willing to work with individuals, couples, or families over the **phone, email, internet-based videoconference, or in person**. Most of them are skilled with relationship and marriage issues but they may also handle other topics.

Professionals:

Susanne M. Alexander, Relationship and Marriage Educator, Character Specialist; Author; Prepare-Enrich Certified; Character Foundations Assessment Certified; Lead faculty and course developer for Wilmette Institute relationship and marriage courses (<https://wilmetteinstitute.org/department/relationships-marriage-and-family/>).

Tennessee, USA

English

Works with individuals and couples preparing for and currently in relationships and with married couples who want to learn about themselves and build new skills. Offers assessments, coaching, and knowledge and skill-building, especially with communication, character, and respect. Coaches couples so they are strong and ready to marry. Coaches and accompanies married couples through her “Re-Vitalizing Our Marriage” program for Bahá'ís. Assists individuals to re-build self-respect and heal after difficult experiences. Collaborates with her husband Phil Donihe at times, who meets with male partners to facilitate character understanding and growth and to increase their effectiveness as husbands and/or fathers.

+1-423-599-0153

susanne@marriagetransformation.com

www.marriagetransformation.com; www.bahaimarriage.net; www.bahairelationships.com

www.transformationlearningcenter.com

Saba Arjomand, Relationship and Marriage Coach

Greater Vancouver, British Columbia, Canada

English, Spanish, and Persian

Individuals and couples in personal or marriage crisis

saba@saba-arjomand.com

www.saba-arjomand.com

Marriage Transformation® Referral to Professionals Resource List

Kurt Asplund, MA, Licensed Mental Health Counselor (LMHC), with a Child Mental Health Specialist credential
Camano Island, Washington State, USA; collaborates with his wife **Leslie Asplund**, PhD, LICSW
English

Serves adults, children, youth, couples, and families. Specializes in family-of-origin and trauma work. Helps his clients gain fresh perspectives, improve communications, abandon dysfunctional patterns of behavior and evolve new, more satisfying ways of living.

425-508-1263

Kasplund@aol.com

www.spiritridgecounseling.com

Tina Badiyan, LMFT

Los Angeles, California, USA

English

Marriage and couples counseling, premarital counseling, individual and family therapy. Experience assisting couples and families through life transitions, including but not limited to postpartum depression, having a baby, separation and divorce, and more.

tinabadiyan@gmail.com

Patricia J. Bastani, Masters in Public Health and Masters in Education In Counseling

Anchorage, Alaska, USA

English

Specializes in Personality Disorders, trauma, mood disorders, marriage, sexuality, interpersonal skills, Family Constellations Therapy, Process Work, DBT, Brainspotting, Cognitive Remediation Therapy, Cereset Brain Rebalancing, and EMDR.

patbastani@gmail.com

907-310-0755

www.patbastani.com

Alex Blakeson, ICF-Certified Family Coach and Marriage-Family Educator

Sweden

English, Spanish

Works with individuals, couples, and families.

802-380-6870

alexblakeson@gmail.com

www.familycoachingglobal.com

Daniel Dashnaw, MS, MA, MFT (See also **Kathy A. McMahon**)

Northeast USA

English

Couples Therapist and Clinical Intake Coordinator; Couples Therapy Intensives; writes a research-based blog:

<https://couplestherapyinc.com/blog/>.

844-9-COUPLE option 2

daniel@couplestherapyinc.com

www.couplestherapyinc.com

<https://www.facebook.com/CouplesTherapyInc>

Marriage Transformation® Referral to Professionals Resource List

Janna Denton-Howes, Marriage Coach/Sex Coach

Campbell River, British Columbia, Canada

English

Janna Denton-Howes is a Sex Coach who specializes in helping women, married to men, want and enjoy sex more. You can work with her in two ways: a group coaching experience called “The Wanting it More” program and private couple’s coaching.

janna@jannadentonhowes.com

www.jannadentonhowes.com

Tabasom Eblaghie, MA in Counseling Psychology, Registered Clinical Counselor

Greater Vancouver, British Columbia, Canada

English and Persian

Individuals facing depression, trauma, anxiety, grief, and life transitions.

604-889-3635

tabasom@generatehope.ca

www.generatehope.ca; <https://www.facebook.com/BahaiCounsellingServices>

Rebecca Sherry Eshraghi, doctorate and PhD, International Quantum University of Integrative Medicine; Board Certified by the Board of Natural Medicine Doctors and Practitioners and the American Alternative Medical Association

English, German, French, Spanish, and Farsi

Her goal is to empower and teach her clients how to take responsibility for their own health and guide them towards a healthier and happier life via natural healing modalities. She does not do marriage counseling; however, she can address unhealthy patterns that affect physical, mental, emotional, and spiritual health holistically and naturally, such as anxiety, depression, low self-respect, and so on.

DrSherryE@naturalhealthpowerworks.com

305-720-9099

<https://www.naturalhealthpowerworks.com/>

Suzanne Fani, M.Ed in Clinical Counselling, Counselor/Therapist

St. Catharines, Ontario, Canada

English

Experienced in Individual, Family and Couples Counselling for issues ranging from depression, anxiety, marriage; Specializing in Grief and Trauma, EMDR.

905-347-0800

suzannefanicounselling@gmail.com

www.suzannefanicounselling.com

Keyvan Geula, Licensed Marriage, Family, and Child Therapist

California, USA

English and Persian

Specializes in integration and application of the spiritual principles of Bahá’í Teachings and science of psychology. Offers her services as a clinician, to a global set of clients and patients face to face and also online. In her clinical work she incorporates the wisdom of the Baha’i Writings, and the latest research in psychology. She finds Cognitive Behavioral Therapy approach, Mindfulness techniques, and John Gottman’s research in couple’s therapy integrated with the Baha’i Teachings to be not just effective but transforming.

cell/WhatsApp: 909-374-4222 or 909-621-6104

Keyvan.Geula@yahoo.com

ashqal@gmail.com

Marriage Transformation® Referral to Professionals Resource List

Gayle Gonzalez-Johnson, LCSW, ACSW; Psychotherapist in private practice
Cary, North Carolina, USA
English
919.816.0009
gayle.biz@gmail.com
<http://www.gaylegonzalezjohnson.com>

David Grammer, Licensed Marriage and Family Therapist, MA in Clinical Psychology, Faculty for Wilmette Institute courses on relationships, marriage, and parenting.
Los Angeles, California, USA
English

David provides Therapy and Life Coaching to individuals, couples, and families living in California and outside of the United States, he also provides Life Coaching to individuals, couples, and families inside the United States but outside California. David specializes in working with adolescents and adults, focusing on substance use, anxiety, and depression. David helps individuals struggling with these issues as well as the family members around the individual. David also does consultation sessions to provide families of struggling adolescents with guidance and tools to assist their loved ones.

(562) 457-0339
dave@grammerfamilytherapy.com
www.grammerfamilytherapy.com

Wendy Hanevold, Ph.D.

Georgia, USA
English
404-583-7333
Emotional Focused Couple Therapy; children, youth, and adults
whanevold@gmail.com
www.wendyhanevoldphd.com; www.wovenfamilies.com

Minoo Hatami, Life & Relationship Coach and Educator (formerly: Counsellor & Family Mediator)

Canberra, Australia
Persian, English, and some Spanish
Works with individuals, premarital couples, and married couples in person; facilitates marriage enhancement workshops.
Cellphone: 614 221 381 60
minoo.hatami9@gmail.com

Kimberley Hopwood, B.Sc., M.A. Counseling Psychology, Registered Clinical Counselor

Victoria, British Columbia, Canada

English

Kimberley Hopwood, B.Sc., Psych., M.Couns., Registered Clinical Counselor Victoria, British Columbia Canada
English 20+ years, Bahá'í and non-Bahá'í individuals and couples. Quickly resolve problems and get back on the same team. Not sure you should try? Specialty discernment counseling tool helps couples figure out their next steps. Brief therapy, trauma healing, intensive 2-3 day accelerated therapy, so you can heal from the past and create the life you want. Techniques tailored to you, including CBT, DBT, EMDR, Gottman, PREP, etc., for relationship, parenting, PTSD, life transitions, affairs, depression, anxiety. I do not work with addictions. As an advanced-trained specialist, I can help you get better faster, costing you less in the long run. Start right away at www.lovetakeslearning.com for \$25 US, save thousands of dollars in therapy costs. email: kimbly4@gmail.com
website: <https://khcounselling.com/couples-therapy/>

Marriage Transformation® Referral to Professionals Resource List

Leslie Carl Howard, Esq., Attorney at Law, JD, MPA

Baltimore, Maryland, USA

English

Leslie is a Baha'i, and a licensed attorney for the practice of law in Maryland for over twenty years. His practice includes family law matters involving, non-contested divorces, alimony, child custody and support, division of marital property, estate planning and administration of probate matters, wills, trusts, power of attorney, advance medical directives, domestic violence, child abuse and neglect, juvenile delinquency, and CINA proceedings. Leslie is licensed in the Federal District Court and can provide counseling on Chapter 7 and 13 bankruptcies, to help individuals get a fresh start financially. Leslie advocates for a non-adversarial approach to divorce, and he will help individuals navigate the legal process and the courts during divorce or probate proceedings. Call or email him to schedule a free 30-minute telephone consultation.

Phone: 410-566-5223(o)

Phone: 410-369-5986(c)

howardesquire@windstream.net

www.lesliecarlhowardesquire.com

Kadzo Kangwana, MA, LCSW

Connecticut, USA

English

Kadzo specializes in the treatment of trauma/PTSD and is trained in EMDR and Rapid Resolution Therapy™ (RRT) with individual adults and teens. Since 2011, Kadzo has been treating individuals with trauma or disturbing memories caused by sexual, physical and emotional abuse, parental abandonment, accidents, the loss of loved ones, and the diagnosis of debilitating diseases. Kadzo is originally from Kenya and has lived in the UK, the UAE, and the USA. Kadzo welcomes clients of all backgrounds.

860-819-9466

kadzo@kadzokangwana.com

www.kadzokangwana.com

Maxcia Lizarraga, M.S., M.Ed., Clinical Therapist, Marriage Educator/Relationship Coach, and Group Facilitator

Nashville, Tennessee, USA

English

Over 20 years' experience with counseling individuals and couples. Maxcia is certified in John Gottman's Seven Principles for Making Marriage Work.

615-491-1490

maxcia@mindfulmarriage.com

Marabeth Lum, PCC (Professional Certified Coach); Ontologically-Trained Relationship and Life Coach

Toronto, Canada

English

Empower and inspire people to live their best lives; relationship coaching with professional women to optimize their mindset, create individualized action plans, and provide effective tools and strategies to create tangible and sustainable results in finding a relationship/marriage partner.

marabeth@singletosmitten.com

www.singletosmitten.com

Marriage Transformation® Referral to Professionals Resource List

Karen Tucker Lynch, MAIS, Professional coach-ICF certified, Associate Certified Coach, Conflict Resolution-Mediator

Oregon City, Oregon, USA

English

Master of Arts in Interdisciplinary Studies - focusing on group dynamics, family socialization and spiritual communities. Works with families, family-like teams and teams. Focus on multi-generational adult family members coming together to create multigenerational homes, families who have elders needing care with members in various places, and families adding new members, such as partners, spouses, adoptions, etc.

503-473-3144

karen@dawnofwellbeing.net

www.dawnofwellbeing.net

www.facebook.com/dawnofwellbeing

Bob Lynch, Consulting Hypnotist, NGH certified

Oregon City, Oregon, USA

English

Works with individuals, providing conversational and deep trance hypnosis, addressing issues including age regression, confidence, weight management/loss and smoking cessation.

503-544-4035

bob@dawnofwellbeing.net

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Sussanne Martin, MSW

El Salvador

English and Spanish

Sussanne is a family and marriage counselor, with a focus on domestic violence, depression, anxiety, grief and healthy communication. She earned her Master in Social Work from the University of Southern California (USC).

Every situation that comes our ways helps us shape our life. We all have situations/trauma that mark our life, but we can learn how to heal those wounds when we seek experts that can help us untie these thoughts.

Consults can be over the phone and online.

mindcoaches09@gmail.com

Rezal Martinez-Gillies, Bahá'í-inspired Therapist and Drama Therapist; MA in Counseling Psychology with a Concentration in Drama Therapy, a Certificate in Expressive Arts, and specialized training in SEL (Social and Emotional Learning) Mindfulness.

Based in Norway, but works primarily online with clients around the world

English

Rezal specializes in the creative arts, storytelling, and mindfulness, and she incorporates Bahá'í principles to support her clients' transformation. She most often works with those looking for parent coaching, adults healing parent/child wounds (inner child work), spiritual identity support, creative identity support, and youth/young adult mentorship. To book a free consultation please visit her website: www.childathearthealing.com

rezal@childathearthealing.com

Instagram: @childathearthealing

Marriage Transformation® Referral to Professionals Resource List

Kathy A. McMahon, Psy.D., Clinical Psychologist and Sex Therapy

Massachusetts, & Florida (seasonally) USA

English

Kathy is not a Bahá'í but is married to Daniel Dashnaw, a counselor who is a Bahá'í, and they sometimes do Couples Therapy Intensives together. Kathy works with couples globally via secure videoconferencing, with a particular interest in international couples. She is licensed in Massachusetts, California, Florida, Arizona, and Texas (provisional). The practice includes enhancing sexual lives; healing betrayals of all types (sexual, emotional affairs, lying); enhancing intimate relating; resolving family disputes; learning effective fighting using science-based help in an intensive weekend format. We have science-based trained couples' therapists who are sensitive to culture in Europe, South Africa, Australia, and across the USA as well. Some therapists also fly to client's locations.

844-926-8753 x 2

For online or intensive appointments contact: admin@couplestherapyinc.com

<http://www.CouplesTherapyInc.com>

<http://www.couplestherapyinc.com/international-couples-therapy-online/>

<https://couplestherapyinc.com/online-marriage-counseling/>

Mahsa Migalski, LMFT, Marriage and Family Therapist

Schaumburg, Illinois (greater Chicago), USA

Specializing in individual and couples-work, depression, anxiety, trauma, grief work, eating disorders, and self-injury. Accepts BCBSIL, Humana, Cigna, and United Healthcare insurance and can work via Skype as well as in person.

773-398-0212

mmigalski@icloud.com

Katrin Modabber, Psychologist, Family and Conflict Counselor, and Couples and Family Therapist; Trauma Therapist; Virtues Project™ Facilitator

Germany

German and English

Marriage Preparation; Gottman Couples Therapy, Positive Psychotherapy, Systemic Family Therapy; Trauma Therapy (EMDR), Preparation for Parenthood

+49-6226-789197

counseling@life-lines.biz

www.life-lines.biz

Kelly Anne Monjabez, Registered Social Worker, Virtues Project™ Master Facilitator, Sexual Health Educator, Sexual Wellness Coach

Vancouver, Canada

English

Kelly takes a psycho-social-spiritual approach to remove barriers to sexual happiness and contentment throughout the lifespan. Kelly supports clients with: childhood sexual trauma, sexual disconnect/incompatibility in couples, issues related to pornography, sexual avoidance, impulsive/compulsive sexual behavior, emotional intimacy issues, and how to communicate about sex. Kelly creates a safe and encouraging space for clients to heal and discover what it takes to be a spiritually and sexually happy human. In addition to running workshops, Kelly works privately with singles, couples, youth, and parents around the globe. Contact her for a complimentary consultation.

778-773-9994

FaceBook: [spiritfirstseminars](https://www.facebook.com/spiritfirstseminars)

kelly@spiritfirstseminars.com

Marriage Transformation® Referral to Professionals Resource List

Nura Mowzoon, Ph.D.

Phoenix, Arizona, USA

English

Relationship and couples coaching

(602) 529-8068

drnuramowzoon@gmail.com

www.drnuramowzoon.com

Jackie Najafian, Solution-Focused Therapist; MS, LMFT

Charlotte, North Carolina area

English

Works with couples in need in most areas; marriage issues during and after an affair, family issues, work balance, childhood trauma, depression, anxiety...; spouse is Persian

704-576-4935

najafian4@netzero.com

Taravat Ostovar, Registered Psychologist (BC and Northwest Territories); Fortitude Centre for Wellbeing

Vancouver, BC, Canada

English and Persian

Dr. Ostovar provides clinical consultation, supervision to interns and supervisees, assessment, and scientifically supported treatments to children, adolescents, adults, couples, and families, and has experience with a wide range of concerns and psychosocial conditions. She helps individuals struggling with psychological problems including anxiety and panic, attachment problems, psychogenic pain and somatization, stress and trauma related disorders, chronic pain, obsessive-compulsive disorder, depression, addictions, parenting difficulties, relationship and marital problems, maladaptive personality patterns, self-harm behavior, suicidal ideation, grief and bereavement, interpersonal difficulties, emotion regulation difficulties, and adjustment issues.

Modalities: Cognitive Behavior Therapy (CBT); Gottman method for Marriage and Couple Therapy; Emotional Focused Family Therapy; Trauma and Attachment Sensory Focused Therapy; Pain Management; Mindfulness and Stress Inoculation Therapy; Eye Movement Desensitization and Reprocessing (EMDR); Prolonged Exposure Therapy; Psychodynamic; Motivational Interviewing and Behavior Modification; Acceptance and Commitment Therapy; Brief Dialectical Behavior Therapy (DBT); Critical Incident Stress Debriefing (CISD); Children Play Therapy; Logotherapy, Compassion, and Positive Psychology

<http://FortitudeC4wellbeing.janeapp.com/>

Phone: 604-446-4172

drtaravatostovar@gmail.com

Derek Worley Patton, PhD, Child and Family Psychologist, MEd; Virtues Project Master Facilitator

New Zealand

English

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+64 21 186 6596 (mobile NZ)

derekpatton19@gmail.com

drderek@strivetogather.com

Marriage Transformation® Referral to Professionals Resource List

Ana Maria Pavon Marin, Registered Clinical Counsellor, MA in Counselling Psychology, MA in Mediation, Bachelor in Law with a background in trauma-informed practices and cross-cultural and intercultural issues, immigration and refugee, and restorative justice.

Victoria and Cowichan Valley, British Columbia, Canada

English and Spanish

I work with individuals, families, couples, and groups of diverse backgrounds offering a strength-based, compassionate, trauma-informed and multicultural approach to counselling. Intergenerational trauma, adjustment disorders, relationship problems, cross-cultural and inter-cultural issues, PTSD, anxiety, and depression, are some of the concerns faced by those whom I support in therapy.

+1 (250) 216 5722

anamariapavonmarin@gmail.com

Elena Mustakova, Ed.D., LPC

Arlington, Virginia, USA

English, Spanish, Bulgarian

Works in person and remotely with individuals, couples, and families to address issues as diverse as anxiety, depression, personality disorders, addictions, relational conflict, communication, cross-cultural issues, and complex family systems. She has helped many Bahá'í couples transform crisis into spiritually mature marriages. Her scholarship as a former professor in psychology and her integral psychotherapeutic focus are on developing constructive resilience, mindfulness skills, and personality strengths. She also works with understanding and healing trauma, including intergenerational trauma. Her clinical approach is described in her most recent book, *Global Unitive Healing: Integral Skills for Personal and Collective Transformation*, which has been called "a hymn to our collective sanity, which shows in real life case studies how very diverse individuals can emerge from shattered lives and experience the journey from confinement to wholeness and universal interrelatedness." (James O'Dea, Amnesty International)

+1-703-473-8875

elena.mustakova@therapyemail.com

www.elenamustakova.net

Mary K. Radpour, LCSW; licensed psychotherapist, Certified Mediator

Tennessee, USA

English

Post-trauma symptoms, resulting from physical, emotional and sexual abuse; Phobias; Depression and dysthymia; Anxiety; Family and Relationship conflicts; Gay and lesbian relationships; Sexual issues, such as gender confusion, sexual addiction (including pornography) in both individuals and couples, and sexual confusion resulting from rape or abuse; Grief Counseling; Adolescent issues; Cognitive Behavioral Therapy; Family systems and strategic family systems therapy; Hypnosis and hypnotherapy; Transactional Analysis; Dialectical Behavior Therapy; Rapid Trauma Resolution (See www.cleartrauma.com for more information); Mindfulness Focus therapy; spouse is Persian

423-875-4566

mkradpour@comcast.net

Kamran Raika, Managing Principal and Partner, River Hills Wealth Management

Richmond, Virginia, USA

English, Farsi, Spanish

Assists couples with planning and communication around the topic of money to prevent conflict.

804-215-4837

kraika@rhwmgroup.com

www.rhwmgroup.com

Marriage Transformation® Referral to Professionals Resource List

Alex Rassekh, Licensed Professional Counselor

Hillsboro, Oregon, USA

English and Persian/Farsi

Specializes in working with adolescents aged 14-17 and adults to release their potential and improve the well-being of their lives through an integrated/holistic therapeutic approach that is tailored for each unique individual or situation. Services include individual and family therapy as well as EMDR and other modalities for treatment of depression, anxiety, and trauma.

Office: 503-433-9130

Alex@noblemindscounseling.com

www.noblemindscounseling.com

Shiva Sabet-Kazilas, MA, LMFT at Stories of Hope Counseling, providing Telehealth counseling for residents of Washington State

Farsi and English

I serve individuals (adolescents, adults, and seniors) and couples. The areas of my expertise are perinatal mental health, relationship issues, life transitions, grief and loss, racial identity, and working with refugees and immigrants. My approach to therapy is collaborative, relational, strength-based, and process focused.

Besides therapy, I provide supervision to therapists and associates who are working towards their licensure.

425-298-6220

shiva@storiesofhopecounseling.com

Daniel Alejandro Mora Sanabria, Cod 9286 Colegio Profesional de Psicólogos de Costa Rica / Licenciatura en Psicología, Master en Terapia Breve Estratégica Modelo Giorgio Nardone

Costa Rica, Tibás

Español (Spanish only)

Terapia Individual y terapia de Pareja (Jóvenes y Adultos): Empoderamiento Personal, Depresión, Ansiedad, Estrés, Duelo, Suicidio, Adicciones, Fobias. Charlas y talleres instituciones en temas relacionados. [Individual Therapy and Couples Therapy (Youth and Adults): Personal Empowerment, Depression, Anxiety, Stress, Grief, Suicide, Addiction, Phobias. Talks and workshops institutions on related topics.]

dr.danielmora.psicologia@gmail.com

Celular 8835-7075

Facebook: Dr. Daniel Mora Sanabria Psicólogo

Diana Schaffter, Marriage coach (Masters degrees in Public Health and Education)

Tim Schaffter, Marriage coach (Masters degrees in Public Health and Education)

Chiang Mai, Thailand (from USA and Canada; pioneered in 1982)

English, some Thai

Both Diana and Tim are certified in Myers-Briggs Type Indicator (MBTI), the Prepare-Enrich program, and as facilitators in the Virtues Project. Diana and Tim have been married for 40 years, have two married children, and have worked as a team helping couples and communities with marriage issues for 20 years. They are passionate about working with people considering marriage and married couples wishing to enrich their relationship. They enjoy helping couples understand each other's character more deeply and develop practical skills and approaches for building their "fortress for well-being." They're happy to meet with couples anywhere in the world on-line. Diana and Tim are also faculty and coaches for young adults through the Wilmette Institute.

dianaschaffter@gmail.com

timschaffter@gmail.com

Marriage Transformation® Referral to Professionals Resource List

Soren Shamsian, Ph.D.

Irvine, California, USA

English

Individuals and couples (mood disorders, trauma, addiction, life transitions, grief and loss)

soren.shamsian@gmail.com

949-394-3675

Ravi Starr, Licensed Professional Counselor

Missouri, USA

English, Spanish

12 years of working clinically in Spanish. Areas of specialty include trauma (including EMDR certification), cognitive behavioral therapy, and pre-marital work.

ravistarr@gmail.com

Raymond Switzer, M.Ed. Psychology, Psychologist, Certified Imago Therapist, Workshop Leader, and Author (*Conscious Courtship* and *Mindful Matrimony*)

Furugh Switzer, M. Ed., Sociologist, Intercultural Educator, Workshop Leader, Imago Educator, and Author (*Mindful Matrimony*)

Hungary (from Canada)

English; Furugh also speaks Persian

Work together as a couple to provide therapy and coaching to individuals and couples (including infidelity); offer intensive (2-3 days of sessions) therapy for couples.

rfswitzer@gmail.com

www.livinginhealthyconnection.com

Fariba Shaikhzadeh Vahdat, Marriage Educator; Prepare-Enrich Certified; Educadora Familiar e Matrimonial Sao Paulo, Brazil

Portuguese, English, Persian, and Spanish

Works with individuals and couples preparing for and currently in relationships or marriages who need assessments, coaching, and knowledge and skill-building.

+55-11-982242991

fariba.vahdat@gmail.com

Monette Van Lith, Life Coach; Co-Founder Family Advanced Childcare Training (FACT), LLC

Concord, Massachusetts, USA

English, Dutch

Monette works with individual parents, couples, and teens. Her coaching is based on fundamentals and tools from positive psychology and core spiritual principles. You can work with Monette in two ways: One-on-one coaching and workshops. Focus is for families with children of all ages to enhance family unity by developing a family mission and vision and creating a family vision board; parents to develop a distinctive parenting framework; and women to create coherence in family-work-life balance.

+1.617.888.2496

monettevanlith.coaching@gmail.com

www.monettevanlith.com

Marriage Transformation® Referral to Professionals Resource List

Julie Burns Walker, intuitive with a specialty in medical issues

Illinois, USA

English

Julie does appointments weekdays only and in the mornings. Appointments last 1 hour and are usually over the phone but can be in person. You can ask all types of questions about health and wellbeing, but also anything that is on your mind about your life, family members, or work. She had near death experiences when very young and ended up with this gift. She can help discover what is going on in your body, even when the doctors are baffled. She can recommend supplements or foods that will help. Prepare ahead of time by writing down clear questions that you have about your physical, mental, emotional, and spiritual wellbeing. She responds to whatever questions are most important to you, and it's best if you minimally talk and let her do most of the talking. It is highly recommended to record the appointment, as re-listening to the session can be helpful. Julie stays very booked, so it often takes a few weeks to get an appointment. To make an appointment and pay online, go to <http://julieburnswalker.com/>. If you do an in-person appointment, it is here: Julie Burns Walker, 2122 Harrison Street, Unit 1, Evanston, IL 60201. For the appointment, you call at the time to 847-251-4092. Assistant for help or urgent requests: Karen Bermann-Mazibuko, 773-517-4637, kbermannmazibuko@gmail.com.

Deborah Walters, Naturopath and Homeopath specializing in mental and emotional health

Minnetonka, Minnesota, USA

English

Individuals, couples, and families. Consults with people on health and difficult issues over the phone, internet, and in person to find constitutional remedies. Can address issues related to sex, pornography, anxiety, and stress, particularly where there are mental/emotional challenges causing physical symptoms.

deborah1844@gmail.com

612-524-8786

<http://deborahshealingarts.com/>

Jan Webber, Holistic Life Coaching and Energy Healing

Northeast Ohio, USA

English

Jan works primarily with individuals to create energetic changes that transform the dynamic of their relationships. Empowerment and teaching self-healing are specialties. She does life coaching along with distance energy work, specializing in chakra balancing and repairing energy flow. She also teaches free meditation classes on Zoom.

440-543-0707 (within Dr. Sabet's office)

chagrinenergyhealing@gmail.com

<http://HealingMe.us>

[facebook.com/HolisticLifeCoachingSolutions](https://www.facebook.com/HolisticLifeCoachingSolutions)

<https://www.youtube.com/channel/UCphTlwB3KIPxEFxM9JYiEAW>

Marriage Transformation® Referral to Professionals Resource List

Shiva Yan, M.A. in Counselling and Spirituality; Individual, Couple, and Family Therapist
Ottawa, Ontario

English, Persian, conversational Chinese

Specialization: inter-cultural/inter-racial/interfaith couples, immigrant, and refugee families.

Shiva is a first-generation Iranian immigrant. She has been in an inter-cultural marriage for over 30 years and has three grown daughters. She has pioneered in different countries in Asia and worked closely with couples and families from different backgrounds.

Individual therapy: anxiety, depression, grief, anger, existential/spiritual questions, codependence, relationship issues, life transition, self-esteem, stress, etc.

Couple and family therapy: inter-cultural/inter-faith relationship issues, changing negative interaction patterns between partners, resolving family conflicts, gaining better parenting skills, improving communication, dealing with issues related to immigration, etc.

(613)700-7882

shivayan.cs@gmail.com