



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.

For Bahá'ís Seeking Help with Relationship and Marriage Matters

An Information and Referral Resource from Marriage Transformation®

Updated May 28, 2019

What Help Do You Need?

Type of Professional: This list contains a variety of types of helping professions, each with different training and focus areas. As you consider how to choose 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 counselor to help you. If you simply need knowledge and skill-building, a coach or educator may be a better fit. You may need both! For an explanation of marriage education, please see this link:

<http://www.bahaimarriage.net/learning.htm>.

The links below may assist you in considering what questions to ask of a counseling professional in screening them to be a fit for you. If you are having a marriage issue, please see someone trained in marriage counseling/couples and not someone just trained to work with individuals. It's also wise to ensure they are pro-marriage rather than automatically encouraging divorce.

Working with a non-Bahá'í professional: 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 entitled "When You Are Counseling Members of the Bahá'í Faith on Issues Related to a Troubled Marriage, Separation, Reconciliation Effort, or Divorce". It helps 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 and marriage 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. Scholarships and discounts are available. Details are available at: <http://wilmetteinstitute.org/ourcourses/marriage/> Marriage Transformation also offers courses at www.transformationlearningcenter.com.

Selection of Bahá'í Guidance

The guidance below is a selection that relates to the use of counseling for Bahá'ís who need assistance with relationship and marriage matters.

Below are extracts from the Department of the Secretariat written on behalf of the Universal House of Justice with guidance that may assist counsellors and other professionals who are Bahá'ís and giving advice to clients who are Bahá'ís on topics related to marriage.

THE UNIVERSAL HOUSE OF JUSTICE
DEPARTMENT OF THE SECRETARIAT

24 September 2014

Transmitted by email: susanne@marriagetransformation.com
Ms. Susanne M. Alexander
U.S.A.

...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 counselling 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. ...

With loving Bahá'í greetings,
Department of the Secretariat

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"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 guidance and have sought help from a Bahá'í who is a marriage counsellor. 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)

Encouraging Couples to Turn to Institutions

The 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. Bahá'í marriage is a spiritual entity, and so it is important to have it 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 an Auxiliary Board member does 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 Assemblies 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 is important for individuals and couples to know that consulting with institutions about a problem is not backbiting. These institutions are sworn to uphold

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confidentiality; however, you may feel more comfortable about this if you discuss it directly with the institution involved. You may also request that 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.

Referral List

(Presented in Alphabetical Order by Last Name)

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.

This document provides a list of Bahá'ís who are therapists, counselors, coaches, or relationship and marriage educators willing to work with individuals and couples over the phone, email, Internet-based videoconference, or in person (not all are willing to do all of these). Most of them are skilled with relationship and marriage issues but they may also handle other topics.

Psychologists or Licensed Counselors/Therapists:

Kurt Asplund, MA, Licensed Mental Health Counselor (LMHC), with a Child Mental Health Specialist credential
Camano Island, Washington State, USA

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

Leslie Asplund, PhD, LICSW

Camano Island, Washington State, USA

English

Adult, couples, child, adolescent & family counseling; hypnotherapy and EMDR for trauma resolution as well as for weight loss and stress reduction; helps clients with gaining fresh perspectives, improving communications, abandoning dysfunctional patterns of behavior and evolving new, more satisfying ways of living.

425-508-1262

klasplund@aol.com

www.spiritridgecounseling.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>

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>

Marriage Transformation® Referral to Professionals Resource List

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

St. Catharines, Ontario, Canada

English

Eye Movement Desensitization and Reprocessing; Experienced in Individual, Family and Child Counselling for issues ranging from depression, anxiety, marriage; Specializing in Child Therapy and Trauma

905-347-0800

suzannefanicounselling@gmail.com

<https://emdrCanada.org/profile/fani-b-suzanne-b-suzanne-fani/>

Keyvan Geula, Licensed Marriage, Family, and Child Therapist

California, USA

English and Persian

Specializes in integration and application of the spiritual principles of Baha'i 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. Works with couples via Skype (Keyvan.Geula).

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

Keyvan.Geula@yahoo.com or ashqal@gmail.com

Gayle Gonzalez-Johnson, LCSW, ACSW; Psychotherapist in private practice

Cary, North Carolina, USA

English

[919.816.0009](tel:919.816.0009)

gayle.biz@gmail.com

<http://www.gaylegonzalezjohnson.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

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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, f2f, e-mail, telephone, internet. Quickly resolve problems and get back on the same team. Not sure you should try? Specialty discernment counselling 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/>

Patricia McIlvride (formerly Patricia Romano McGraw), Ph.D., Clinical Forensic Psychologist
New York, USA; works with overseas clients or out of state clients who speak English and have internet availability
English

Psychotherapy and psychological evaluations with adults, adolescents, and children. Specialty areas include diagnosis and treatment of trauma-related disorders including Post-Traumatic Stress Disorder and Interpersonal Violence and Its Effects. Evidence Based Therapies include Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), Trauma Focused Cognitive Behavioral Therapy, (TF-CBT), Dialectical Behavior Therapy (DBT), and Family Therapy. Author of *It's Not Your Fault: How Healing Relationships Change Your Brain and Can Help You Overcome a Painful Past*, and *Seeking the Wisdom of the Heart: Reflections on Seven Stages of Spiritual Development*.
410-960-568
patriciamcilvride@icloud.com

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/>

Marriage Transformation® Referral to Professionals Resource List

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, Trained 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 reflect on sex, love & intimacy and what it takes to be a sexually happy human. Visit her website for on-line group coaching programs for both women and men. Contact Kelly about private consulting and counseling for singles, couples, youth & parents.

778-773-9994

FaceBook: spiritfirstseminars

kelly@spiritfirstseminars.com

www.spiritfirstseminars.com

Riaz Mostaghim, BA, MA in Psychology, Special Education

Ottawa, Ontario, Canada

English and Persian

Over 25 years' experience in marriage and family counseling, personal development, and assisting families with special need members

(613) 797-0215 or Skype riaz.mostaghim

riazmostaghim@gmail.com

Nura Mowzoon, Ph.D.

Phoenix, Arizona, USA

English

Relationship and couples coaching

Conducts sessions via Skype and in person

(602) 529-8068

drnuramowzoon@gmail.com

www.drnuramowzoon.com

Marriage Transformation® Referral to Professionals Resource List

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...; works in person and over the internet; spouse is Persian

704-576-4935

najafian4@netzero.com

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

Seven Valleys Counseling Service: <http://www.sevenvalleys.net/>

Soren Shamsian, Ph.D.

Irvine, California, USA

Persian and English

Individuals and couples

soren.shamsian@gmail.com

949-394-3674

Mike Smith, Counselor

Brisbane, Australia

English

Individuals and couples

mike@wettasprinklers.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 couples; offer intensive (2-3 days of sessions) therapy for couples; also offer sessions for individuals and couples over Skype

rfswitzer@gmail.com; www.livinginhealthyconnection.com

Coaches and Educators

Susanne M. Alexander, Relationship and Marriage Coach and Educator; Prepare-Enrich Certified; Character Foundations Assessment Certified; Lead faculty and course developer for Wilmette Institute relationship and marriage courses (<http://wilmetteinstitute.org/ourcourses/marriage/>); Department Chair for Relationships, Marriage, Parenting, and Family.

Tennessee, USA

English

Works with individuals and couples preparing for and currently in relationships or challenged marriages who need assessments, coaching, and knowledge and skill-building, especially with communication and character. Helps to ensure couples are strong and ready to marry and that they have access to resources and coaching when in difficulty after marriage.

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

Alex Blakeson, ICF-Certified Family Coach and Marriage Educator

Vermont, USA

English (also some fluency with Spanish)

Works with individuals, couples, and families

802-380-6870

alexblakeson@gmail.com

www.familycoachingglobal.com

Janna Denton-Howes, Marriage Coach

Campbell River, British Columbia, Canada

English

Coaches married couples and women through her signature programs, 30 Days to Wanting It More and the Marriage Mastery Club. Her specialties include helping married women with low libido and helping wives understand the male brain.

www.jannadentonhowes.com

janna@jannadentonhowes.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, over the phone or Skype; facilitates marriage enhancement workshops.

Cellphone: 614 221 381 60

minoo.hatami9@gmail.com

Marriage Transformation® Referral to Professionals Resource List

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

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

English, Persian, Portuguese, 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

Other Modalities

Chelan Harkin, C.Ht. (Certified Hypnotherapist)

Portland, Oregon, USA

English

Focus is helping women resolve the underlying issues associated with disordered eating, body-image issues, relationship struggles, and low self-esteem and move closer to a new and refreshing, healthy, happy and whole relationship with themselves and their lives.

509-281-0797

chelanharkin@gmail.com

<http://innerspirithypnotherapy.weebly.com>

Julie Walker is an intuitive with a specialty in medical issues. She does appointments weekdays only and in the mornings. Appointments last 1 hour and are usually over the phone but can be in person (when you get your appointment time, note which time zone the time is for...she is in Central Time). You can ask all types of questions about health and wellbeing, but also anything that is on your mind about your life, family, 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. If there's something weighing on your mind about a close family member or friend, she can check that out too (you may want to ask their permission first). It is highly recommended to tape 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.

Marriage Transformation® Referral to Professionals Resource List

Deborah Walters, Naturopath and Homeopath specializing in mental health

Minnetonka, Minnesota, USA

English

Individuals, Couples, and Families

612-524-8786

Consults with people on health and difficult issues over the phone, Internet, and in person to find constitutional remedies.

deborah1844@gmail.com

<http://deborahshealingarts.com/>