



## 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 Couples and More Successful in Relationships, Marriages, and Families An Information and Referral Resource from Marriage Transformation®**

**Updated December 2, 2024**

[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 that 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 you live in a locality with a Local Spiritual Assembly, that would be your first preferred outreach. At times, individuals or couples might be serving on the local institution and uncomfortable with reaching out to them for this or another reason, or they may not have an Assembly where they live. In this case, you may ask the National Spiritual Assembly for a referral to a Local Spiritual Assembly.

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 in 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 in navigating 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

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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. Bear in mind that individual Assembly members should not be offering their personal opinions or giving personal advice about your situation, and you may speak up if you find that happening.

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. 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 <https://www.bahai.org/library/authoritative-texts/compilations/set-world-order/> and 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)

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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 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*)

“The House of Justice is pleased that you are making a determined effort to resolve the problems in your marriage and that you are consulting with a professional therapist. You should feel under no obligation to continue to consult with someone in whom you have lost confidence or who you believe may cause you to act contrary to the teachings of the Faith. However, it should be understood that counseling of the type you are receiving may cause a variety of emotions to surface as a normal part of the therapy. Individuals sometimes feel close attachment to their therapist or experience other feelings which might be unsettling because they are unexpected; such emotions may simply represent a beginning of helpful change and need prove no danger to one's moral standards.” (On behalf of the Universal House of Justice, September 7, 1990)

### Assistance from Professionals

“[At times, nothing is a] substitute for a good therapist. ... If your life is not going as well as you would like, then finding an objective, compassionate person to consult with about it will do you a lot of good. ... Having a real, live person look into your eyes and say, ‘You have a right to feel that way’ can break through more layers of denial and fear than a hundred books, so give it a try. Before I visited my first therapist, I was terrified. ... Consider therapy a kind of consultation on how to improve your life, the way you would bring a contractor in to help remodel your home. If you don't feel you are making progress after half a dozen sessions, change therapists. Don't give up.

“Here is a list of healthy beliefs that a good therapist will help you internalize:

- I am safe—though my body may be frail and vulnerable, my soul is strong and eternal.
- I am valuable—I matter to God and to the world. I make a difference.
- I am lovable—I am created in the image of God and reflect spiritual virtues.
- I am loving—I am attracted to the signs of God reflected in the people around me.
- I have capacities—I am not a helpless pawn of the universe. I can make choices and accomplish goals.
- I can grow—I am not static. I can learn and develop new skills and virtues.”

“A good therapist will also support your efforts at developing honesty, forgiveness, compassion and faith.” (Justice St Rain, *Love, Lust, and the Longing for God*, pp. 261-263; quoted in S. M. Alexander, *Be Brave and Arise: My Life Quest As a Bahá'í Man*, “Chapter 9: Striving for My Mental Health”)

**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 about 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, although the laws about licensing in some places (including states in the United States) often allow therapists to only work with people in their own location.

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 not be able to find someone who is a fit for you and is also a Bahá'í. If this is the case, 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](http://www.bahaimarriage.net/resources_troubledmarriages.html). Sources for non-Bahá'í counselors are <https://www.gottman.com/> and [www.betterhelp.com](http://www.betterhelp.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 and who are willing to work with individuals, couples, or families over the **phone, email, internet-based videoconference tools like Zoom, or in person**. Most of them are skilled with relationship and marriage issues but they may also handle other topics. Most of them **work on a fee basis; some will adjust for hardship**; many will only take medical insurance if they are licensed and you are in the same geographic region, but there can be exceptions. This selection is very diverse in education, skills, and how they work; not everyone will be a fit—see who works for you.

**Note:** The law in many places is that someone can only work with a professional located in their state or province. Some professionals have licenses that only permit them to work in certain geographic areas; others work with clients around the world or who reside in locations where psychotherapy is not regulated. If you do not hear back from someone, this may be the reason, or you may need to reach out to them in a different way.

LISTING OF PROFESSIONALS

**Susanne M. Alexander**, Certified Relationship, Pre-Marriage, and Marriage Educator/Coach; Author; Certified Character Specialist; Completed Level 1 Training in Gottman Method Couples Therapy; Lead faculty and course developer for Transformation Learning Center

Tennessee, USA

English

Accompanies individuals and couples who are willing to be protagonists of their own learning with insights, suggestions, encouragement, and resources (Bahá'í and science-based). Assists clients and group learning participants with being ready for relationships or marriage. Does marriage assessment and coaching for couples who want to “tune-up” their relationship and increase unity and skills. Focus is on preventing issues through understanding and learning. Where needed, assists with personal transformation goals to align behaviors with the Bahá'í teachings. Coaching occurs in video sessions and via text and email in between sessions. Assists Spiritual Assemblies with relationship and marriage education in their communities. A 30-minute exploratory consultation for no charge is available. Please review the Coaching page on [www.marriagetransformation.com](http://www.marriagetransformation.com) prior to contacting her.

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[susanne@marriagetransformation.com](mailto:susanne@marriagetransformation.com)

[www.marriagetransformation.com](http://www.marriagetransformation.com); [www.bahaimarriage.net](http://www.bahaimarriage.net); [www.bahairelationships.com](http://www.bahairelationships.com)

[www.transformationlearningcenter.com](http://www.transformationlearningcenter.com)

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

<https://www.instagram.com/marriagetransformation/>

<https://www.youtube.com/user/SusanneMAlexander>

**Saba Arjomand**, Compassionate Trauma-Informed Healing Coach

Greater Vancouver, British Columbia, Canada

English, Spanish, and Persian/Farsi

Works with individuals and couples in personal or marriage crisis.

[saba@saba-arjomand.com](mailto:saba@saba-arjomand.com)

[www.saba-arjomand.com](http://www.saba-arjomand.com)

**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.

+1.425-508-1263

[Kasplund@aol.com](mailto:Kasplund@aol.com)

[www.spiritridgecounseling.com](http://www.spiritridgecounseling.com)

**Tina Badiyan**, Licensed Marriage and Family Therapist

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, preparation for having a baby, parenting challenges, separation, and divorce, as well as struggles with anxiety and depression.

[Tinabfamilytherapy@gmail.com](mailto:Tinabfamilytherapy@gmail.com)

## Marriage Transformation® Referral to Professionals Resource List

**Patricia J. Bastani**, Licensed Professional Counsellor, L.P.C., Masters in Public Health and Masters in Education In Counseling

Anchorage, Alaska, USA (also licensed in Oregon, 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.

+1.907-310-0755

[patbastani@gmail.com](mailto:patbastani@gmail.com)

[www.patbastani.com](http://www.patbastani.com)

**Alex Blakeson**, MsEd, ACC, ICF and GISC Certified coach; Prepare-Enrich Certified; Level 1 Trained in Gottman Method Couples Coaching/Therapy

Stockholm, Sweden

English (native), Spanish (fluent), Swedish (intermediate)

Professional coach with background in adult education and development. Trained at the Gestalt International Study Center (GISC), certified by International Coaches Federation (ICF), and practicing since 2012 in the U.S. and abroad. Served as faculty member for Wilmette Institute Marriage and Family team for nine years and as co-coordinator of department for a time.

I help each individual and/or couple systematically clarify and chart their purpose, principles, and goals as needed. I actively 'walk' with you around the obstacles toward fulfillment of these. We directly apply the divine teachings to the extent of your interest. Those of all ages and backgrounds are my clients, with special focus on youth and young adults, especially who are striving for life coherence around service, courtship, marriage and family, study, work, diverse life relationships, health, and other life elements. I work individually, with couples, in person in Stockholm and online, and with some small coaching groups. Coaching is made accessible and affordable to as many possible through our three-tier, means-sensitive, fee structure.

+46.70-852-9141 (mobile, Sweden)

[alexblakeson@gmail.com](mailto:alexblakeson@gmail.com)

<https://turning-point.se/our-team/>

[www.newrelationshipsworld.com](http://www.newrelationshipsworld.com)

**Jenny Silber Butah**, MA, LMFT

Licensed in California (Telehealth sessions only)

English, some French

Trained in Internal Family Systems for individuals, couples, and families and Intimacy from the Inside Out for couples. I also work with divorced parents who share custody of children, as well as dyads (parent/child or siblings). Extensive experience with individual and legacy trauma.

[jennysb@earthlink.net](mailto:jennysb@earthlink.net)

+1.831-475-8712

Website: [psychologytoday.com](http://psychologytoday.com)/ Jenny Silber Butah

**Kelly Cadell** (formerly Monjazebe), Registered Social Worker, Counsellor, 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. Contact her for a complimentary consultation.

[kelly@cadellglobal.com](mailto:kelly@cadellglobal.com)



## Marriage Transformation® Referral to Professionals Resource List

**Daniel Dashnaw**, MS, MA, MFT; Couples Therapist, Relationship Expert, Author  
Northeast USA (Massachusetts)

English

[danieldashnaw@hushmail.com](mailto:danieldashnaw@hushmail.com)

Does marriage therapy with couples; is AANE Certified for Neuro-Diverse couples.

+1.413-270-5068

[danieldashnaw@hushmail.com](mailto:danieldashnaw@hushmail.com)

<https://danieldashnawcouplestherapy.com>

**Janna Denton-Howes**, Marriage Coach/Sex Coach

Campbell River, British Columbia, Canada

English

Janna Denton-Howes specializes in helping married, heterosexual couples in which the wife doesn't want and/or enjoy sex very much and the husband does.

[janna@jannadentonhowes.com](mailto:janna@jannadentonhowes.com)

[www.jannadentonhowes.com](http://www.jannadentonhowes.com)

**Mariona Diaz**, Graduate Psychology, Postgraduate in Psychology, Master in Clinical Psychology, Educational Psychology, Postgraduate in Children Psychotherapy, Postgraduate in Family and Couple Therapy

Barcelona, Spain

Spanish, English, and Catalan

Serves adults and couples.

+34-662560260

[marionadiaz.psicologa@gmail.com](mailto:marionadiaz.psicologa@gmail.com)

<https://marionadiaz.com/>

**Phil L. Donihe**, Personal and Professional Growth Coach

Certified Provider of Innovation Strengths Preference Indicator® (ISPI™), Certified Provider of Character Foundations Assessment™ (CFA™), Certified Procsi® Change Management Practitioner

Tennessee, USA

English

Offers personal and professional growth products, assessments, and skill-building to build personal capacity.

Offers character development coaching and men's life journey coaching.

+1.423-667-7588

[Phil.Donihe@innovekt.com](mailto:Phil.Donihe@innovekt.com)

[www.innovekt.com](http://www.innovekt.com)

**Maya Dousti**, MPs, Registered Psychotherapist (RP)

Ontario, Canada (teletherapy only)

English

Maya works as a trauma therapist working with adults and youth clients to build understanding about their past and how they adapted to survive, creating space to build new skills in order to create change. Maya's goal is to create a strong therapeutic relationship based in compassion, curiosity, and understanding. She works from several different modalities, including Cognitive Behavior Therapy, Dialectical Behavior Therapy, Trauma-Informed, Relational Integrative, and Client-Centered.

[mayadousti.psy@gmail.com](mailto:mayadousti.psy@gmail.com)

[https://www.psychologytoday.com/ca/therapists/maya-dousti-toronto-on/718363?preview=1&return\\_to=https%3A%2F%2Fmember.psychologytoday.com%2Fca%2Fprofile](https://www.psychologytoday.com/ca/therapists/maya-dousti-toronto-on/718363?preview=1&return_to=https%3A%2F%2Fmember.psychologytoday.com%2Fca%2Fprofile)

## Marriage Transformation® Referral to Professionals Resource List

**Jingjing Du (杜晶晶)** MA in Mental Health, Canadian Certified Counsellor, Mother of 3 children (Born in 2016, 2018 and 2020)

Vancouver, Canada (Available through Virtual Sessions)

Mandarin Chinese and English

As a counselor, I am committed to helping women of all ages discover their potential, couples seeking premarital or marriage counseling (including cross-cultural couples), and busy mothers looking to improve their marriages and family lives. I am also passionate about supporting immigrants in adapting to a new country and parents who want to understand their own and their children's personalities to foster healthy relationships. I work with women reflecting on their upbringing, life purpose, gender equality, and generational traumas to help them achieve greater freedom. I am driven by a mission to empower women in a world that often disempowers them. Through counseling, I help women break free from societal negative beliefs and the dichotomies they face, such as balancing family and career or serving others versus prioritizing self-development. I also teach them skills to express themselves effectively and transform their relationships with both themselves and others.

[jd.radiantheart@gmail.com](mailto:jd.radiantheart@gmail.com)

Wechat ID: Jingjingdu-

Psychology Today link: <https://www.psychologytoday.com/ca/therapists/radiant-heart-counselling-richmond-bc/1254636>

Counseling BC link: <https://counsellingbc.com/listings/jdu.htm>

**Tabasom Eblaghie**, MA in Counseling Psychology, Registered Clinical Counselor

Greater Vancouver, British Columbia, Canada

English and Persian/Farsi

Tabasom provides counseling services to individuals experiencing depression, anxiety, grief, guilt, anger, and resentment. She assists those who want to make a positive change in their lives with respect to self-esteem, relationships, service opportunities, and career. She believes that the counseling process and experience should be one that is non-judgmental and non-shaming. It means having an authentic relationship with someone who encourages and empowers you so that change can occur. She believes in asking questions that will generate movement and helping you see things in a different light. The main modalities used in therapy are Narrative, Adlerian, Cognitive Behavior Therapy, EMDR, and Solution Focused therapy.

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

**Hamada Eleleimy**, Professional Life Coach and Master Practitioner of Neuro-Linguistic Programming

New Zealand

English and Arabic

I work with individuals and couples on a variety of issues, including but not limited to, improving communication, altering negative self-perception, overcoming trauma, addressing eating disorders (relationship with food and eating), and overcoming addiction to porn and sex for clients who struggle with out-of-control sexual behavior, such as pornography use, masturbation, multiple sex partners, sexual fantasies, and dating/hook-up apps. I work with couples to enable them to navigate the dynamics of their relationship and ensure they understand the work they need to do individually and collectively to build a thriving relationship.

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## Marriage Transformation® Referral to Professionals Resource List

**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 Persian/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.

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

**Michelle Layli Farnsworth**, MBA, Intuitive Coach and Author

USA

English, Spanish

Michelle works with coaching clients internationally over Zoom to get past limiting beliefs that stand in the way of them living their authentic life. She does this through helping clients to tap into their own intuition to understand who they are and what their purpose is. Sessions include grounding exercises, intuitive reads, practical exploration, and assignments between sessions. She is the author of two books.

[mfarnsworth.transformations@gmail.com](mailto:mfarnsworth.transformations@gmail.com)

[www.mainspringfoundations.com](http://www.mainspringfoundations.com)

Facebook: Follow Your Design Facebook Group

Instagram: @follow\_your\_design\_rediscovery

**Marie Gervais, Transformational Leadership and Career Trauma Coach**

PhD., MEd, BEd, Certified Conscious EFT Practitioner, Certified Emotional Success Coach, Certified International Coaching Federation ACC Coach, Canadian Training and Development Professional, Canadian Evaluation Professional

Edmonton, Alberta, Canada; works remotely

English and French

Specialize in helping frustrated professionals and managers overcome workplace and career distress, recover from the effects of toxic work environments, and transition into new career directions where they can contribute to serving humanity with purpose and joy.

Author of book: [The Spirit of Work: Timeless Wisdom, Current Realities](#)

Podcast host: [Culture and Leadership Connections](#)

TEDx speaker "[Overcoming the pain of career trauma](#)"

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## Marriage Transformation® Referral to Professionals Resource List

**Keyvan Geula**, Licensed Marriage, Family, and Child Therapist

California, USA

English and Persian/Farsi

Keyvan Geula, is a seasoned Marriage, Family, and Child Therapist with over 30 years of experience, specializing in the integration of science, religion, psychology, and spirituality from a Baha'i perspective. She has served on the Spiritual Assembly of the Baha'is of Claremont since 1987 and on the Western States Regional Baha'i Council for 5 years. Founder and Executive Director of the Center for Global Integrated Education (CGIE), a Baha'i-inspired nonprofit, Keyvan develops and shares insights on education, psychology, and spirituality on [www.cgie.org](http://www.cgie.org) and [www.kidsidebyside.org](http://www.kidsidebyside.org). She teaches integration of psychology and Baha'i principles to students at the Baha'i Institute for Higher Education (BIHE) and has created Baha'i-inspired curricula for public schools since the 1980s. Her talks on these topics are available on her YouTube channel. In her therapy practice, Keyvan serves individuals, couples, and families.

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**Sojourner Gleeson**, LSW

Licensed to practice with clients in Pennsylvania, USA

English

I work with individuals, couples, families, and other relational dynamics such as parent-child relationships. I have particular experience with relationship and communication challenges, life transitions, grief, intercultural and interreligious families, immigration, neurodiversity, parenting, personal care tasks, executive functioning challenges, depression, anxiety, sense of purpose, sense of self, spiritual/existential challenges and questions, and motivation.

River Wards Wellness Collective

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[sojourner.gleeson@gmail.com](mailto:sojourner.gleeson@gmail.com)

<https://www.riverwardswellness.com/sojie>

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

Cary, North Carolina, USA

English

Experienced psychotherapist in private practice specializing in competent, compassionate work with adult men and women individually. Solely seeing clients via telehealth, based out of Raleigh, NC, USA

+1.919-816-0009

[gayle.biz@gmail.com](mailto:gayle.biz@gmail.com)

<http://www.gaylegonzalezjohnson.com>

**David Grammer**, Licensed Marriage and Family Therapist, MA in Clinical Psychology

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.

+1.562-457-0339

[dave@grammerfamilytherapy.com](mailto:dave@grammerfamilytherapy.com)

[www.grammerfamilytherapy.com](http://www.grammerfamilytherapy.com)

## Marriage Transformation® Referral to Professionals Resource List

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

Sydney, Australia

Persian/Farsi, English, and some Spanish

Works with individuals, premarital couples, and married couples in person or via Zoom; facilitates marriage enhancement workshops.

+61.4-221-381-60

[minoo.hatami9@gmail.com](mailto:minoo.hatami9@gmail.com)

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

Baltimore, Maryland, USA

English

Leslie's law 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. Leslie has completed a 40-hour training course in Transformational Mediation, and he has added mediation counseling as part of his legal practice to help resolve disputes without the need for litigation. He also holds a certificate in Advanced Domestic Mediation and Conflict Transformation Skills Training within the Relational Framework with a focus on Separation and Divorce, Custody Plans, Domestic Violence, and Trauma and Resiliency in Family Systems.

Office: +1/443/759/8932

Cell: +1.443-401-8814

[howardesquire@outlook.com](mailto:howardesquire@outlook.com)

[www.lesliecarlhowardesquire.com](http://www.lesliecarlhowardesquire.com)

**Dr. Kay Hubbard, ND, MA** Associate Professional Clinical Counselor, Associate Marriage and Family Therapist,

Masters in Clinical Psychology, Doctorate in Naturopathic Medicine, Author

California, USA, and Guadalajara, Mexico

English and Spanish (intermediate)

Dr. Kay is passionate about supporting Black and Indigenous clients in navigating a variety of challenges including depression, anxiety, grief, burnout, relationship difficulties, and neurodivergence by using a holistic approach. With a focus on natural remedies, mindfulness, and individually tailored therapies, she offers a safe and supportive space for clients to learn to heal themselves and thrive. With a deep respect for the power of the mind-body connection, Dr. Kay believes that healing is a collaborative process that requires trust, empathy, and compassion. Through a warm and non-judgmental approach, she helps clients engage with difficult emotions, build healthy coping skills, and cultivate a sense of self-care, self-love, and self-healing. Dr. Kay offers individual sessions, group workshops, and consulting across the globe through video conferencing and is licensed in California. She also offers support to allies of BIPOC communities.

[kay@artkure.com](mailto:kay@artkure.com)

[www.artkure.com](http://www.artkure.com)

<https://www.instagram.com/artkure/>

<https://www.tiktok.com/@artkure>

**Jason Ighani**, Coach and Curator of healing spaces for men

English, Spanish

USA and Costa Rica

Co-Host of the podcast "Two Watermelons in a Sack", a podcast about the lived experience of men and pieces of it we rarely talk about. Founder of Men@Pinetree: A retreat to build our capacity for authentic connection.

[Jason@Thehcn.org](mailto:Jason@Thehcn.org)

## Marriage Transformation® Referral to Professionals Resource List

**Solange Issakhany**, Psychotherapist, Music Therapist, Imago Couples Therapy, Internal Family Systems (Relational Intelligence), Polyvagal Theory  
Paris, France

French, Portuguese, and some English

I work with individuals suffering from anxiety, stress, lack of confidence, and trauma and with couples to help them recreate a connection and overcome blocks to a harmonious relationship.

+33.6-82-36-33-55

[issakhany.solange@gmail.com](mailto:issakhany.solange@gmail.com)

**Sabrina Jones**, BA in Psychology and Master's in Spiritual Psychology

Hawthorne, California, USA

English

I work remotely from California with US and global clients. I work with teens, adults, couples, and families, addressing inner child work, generational patterns, grief, depression, substance abuse, anxiety, anger, and any unresolved issues that are ready for healing. My intention is to facilitate a person back into the awareness of the LOVING that resides within and all around them. I end each session with homework to anchor and integrate the learning. I am an African American and Persian woman.

+1.310-433-9865

[sioneshealing@gmail.com](mailto:sioneshealing@gmail.com)

**Daniela Kantorova**, PsyD (licensed in California); Level 2 Internal Family Systems therapist

Berkeley, California, USA

English and Czech

Individual psychotherapy for adults and adolescents for issues of trauma, such as sexual assault and sexual abuse, interpersonal violence, domestic violence, and institutional/state violence. Areas of interest also include addictions, neurodivergence, bipolar disorder, psychosis, grief, and gender identity. I also provide: Forensic psychological evaluations to assess impacts of trauma, consultation about trauma-informed program design and design of clinical training programs, trainings on trauma and crisis intervention.

[dr.daniela.kantorova@gmail.com](mailto:dr.daniela.kantorova@gmail.com)

+1.510-269-2147

**Tara Khadem**, MA, CGP, Licensed Professional Counselor and Certified Gottman Therapist; Gottman 7 Principles Leader; Certified Group Psychotherapist

Texas, USA

English

I work almost entirely with distressed couples.

+1.346-351-4902

[tkhadem@thrivepsychotherapy.net](mailto:tkhadem@thrivepsychotherapy.net)

[www.thrivepsychotherapy.net](http://www.thrivepsychotherapy.net)

**Bahiah Amélia Khamsi**, Masters in developmental psychology; Masters in career counseling; Coaching training; and Diplomas in Chinese medicine, human design personality analysis, systemic constellations, and trauma resolution.

Porto, Portugal and Geneva, Switzerland

English, French, Spanish

I work with individuals going through a transition in life, whether on a personal or professional level. I offer specific services for pre-youth and youth (age 11 to 25) to support them in finding their path, figuring out their identity and how to navigate family relationships. When the need arises, I supplement my counseling work with a variety of holistic healing techniques. I am recognized by some Swiss complementary health insurances. I have a few spots available each month for sliding scale pricing depending on the means of the individual.

[bahiehk@gmail.com](mailto:bahiehk@gmail.com)

<https://www.linkedin.com/in/bahiahkhamsi/>

## 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.

+1.503-473-3144

[karen@dawnofwellbeing.net](mailto:karen@dawnofwellbeing.net)

[www.dawnofwellbeing.net](http://www.dawnofwellbeing.net)

[www.facebook.com/dawnofwellbeing](http://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.

+1.503-544-4035

[bob@dawnofwellbeing.net](mailto:bob@dawnofwellbeing.net)

[www.dawnofwellbeing.net](http://www.dawnofwellbeing.net)

[www.facebook.com/dawnofwellbeing](http://www.facebook.com/dawnofwellbeing)

**Sussanne Martin, MSW; LCSW (in progress)**

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](mailto:mindcoaches09@gmail.com)

**Patricia Ann O'Connor**, Ph.D. Licensed clinical psychologist in Colorado

Longmont, Colorado, USA

English

Working online through Headway and accepting their insurance plans and self-pay. Over 30 years of experience. Interested in applying Bahá'í principles to relationships and consultation.

[p.a.oconnor@icloud.com](mailto:p.a.oconnor@icloud.com)

**Nura Mowzoon**, Ph.D.

Phoenix, Arizona, USA

English

Relationship and couples coaching.

+1.602-529-8068

[drnuramowzoon@gmail.com](mailto:drnuramowzoon@gmail.com)

[www.drnuramowzoon.com](http://www.drnuramowzoon.com)

## Marriage Transformation® Referral to Professionals Resource List

### **Elena Mustakova, EdD, LPC**

USA, Bulgaria, and Europe

English, Spanish, Bulgarian

Counsels and coaches 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](mailto:elena.mustakova@therapyemail.com)

[www.elenamustakova.net](http://www.elenamustakova.net)

### **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

+1.704-576-4935

[najafian4@netzero.com](mailto:najafian4@netzero.com)

**Open Circle** (A nonprofit organization under the auspices of the National Spiritual Assembly of the Bahá'ís of the United States)

**Purpose:** To explore challenging personal and social issues from a spiritual perspective in a safe and supportive sharing environment. It invites Bahá'ís and friends to explore the Writings, pray, share, and learn in a spiritual, healing, and confidential environment. Includes conferences, workshops, and Zoom gatherings. Open Circle activities draw directly on spiritual principles from the Bahá'í Faith and are open to people of all religious and philosophical backgrounds. Primary issues addressed include addictions, abuse and trauma, sexuality and gender challenges, mental health challenges, and HIV/AIDS. Race, gender, culture, and class are explicitly addressed, as these factors affect how individuals and communities experience these challenges.

<https://opencirclenetwork.org/>

[opencircle95@gmail.com](mailto:opencircle95@gmail.com)



## Marriage Transformation® Referral to Professionals Resource List

**Dr. Taravat Ostovar**, Registered Psychologist (British Columbia #2544, NorthWest Territories #2250-71056)

Fortitude Centre for Wellbeing

Vancouver, BC, Canada (Please know that due to registration regulations, Dr. Ostovar can only provide services to the residents of BC and NWT in Canada.)

<https://www.fortitudecentre.ca/>

English and Persian/Farsi

Dr. Taravat Ostovar is a registered psychologist and an entrepreneur with 20 years of experience in psychological assessments and therapeutic healing to children, adults, and families, in clinical supervision and mentorship, consultation to parents, families and organizations and in offering workshops and conferences presentations. Prior to her private practice business, Dr. Ostovar worked in a variety of settings including primary care clinics, outpatient community mental health clinic, inpatient hospitals, rehabilitation centers, and private clinics conducting assessment and therapy, teaching, research, and providing consultation to a diversity of individuals, couples, multidisciplinary teams, schools and organizations for a wide range of relational and psychological concerns and topics.

<https://www.fortitudecentre.ca/>

[drtaravatostovar@gmail.com](mailto:drtaravatostovar@gmail.com)

1-604-349-7060

**Derek Worley Patton**, PhD, Child and Family Psychologist (includes relationship and couples counseling and family systems); MEd; Virtues Project Master Facilitator; Theta Healing Institute, Certified Instructor (First Nations – Vianna Stibal system)

New Zealand

English

My approach takes the most recent couples counseling science combined with Bahá'í principles. I currently work with contracts for trauma treatment under the Accident Compensation Corp., child protection family intervention (NZ government), and NZ Defence Force marriage counselling. My website gives my approach and booking link by scrolling down to "Additional locations", choose "Phone Consultation – ACC or Voucher". This includes Zoom, WhatsApp, or other online communications. Please email your details and referral sources as well.

+64.3-974-1694 (home Christchurch); +64.21-186-6596 (mobile NZ)

[derekpatton19@gmail.com](mailto:derekpatton19@gmail.com)

[drderek@strivetogather.com](mailto:drderek@strivetogather.com)

[www.strivetogather.com](http://www.strivetogather.com)

Booking Link: Note these times are NZ standard.

<https://www.fresha.com/a/dr-derek-phone-zoom-whatsapp-amberley-amberley-beach-road-x9hbxxnm?pld=231790>

**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, and restorative justice.

Shawnigan Lake, British Columbia, Canada

English and Spanish

Online counselling and psychotherapy provided in 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

+34.660-68-33-00

[positivecounselors@gmail.com](mailto:positivecounselors@gmail.com)

[www.positivecounselors.com](http://www.positivecounselors.com)

## Marriage Transformation® Referral to Professionals Resource List

**Mashid Payan**, Licensed Marriage and Family Therapist

Sherman Oaks, California

English and Farsi/Persian

I specialize in pre-marital counseling, individual therapy, couples therapy, young adults, child and adolescent therapy, with over 30 years of experience. I offer courses in communication skills and relationship skills, and I offer parenting classes. I am also available via secure tele-health video conferencing.

Office: 818-788-4444

Cell: 818-424-4011

[mashid@gmail.com](mailto:mashid@gmail.com)

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

**Raelee Peirce**, Parent Coach; BA in Human Development from UNC-Chapel Hill; PCI Certified Parent Coach® & Simplicity Parenting Counselor®

Hillsborough, NC, USA

English

Raelee has been a Parent Educator since 1999 and Parent Coach since 2006. With over 20 years of marriage and the parent of two young adults, she currently coaches and consults with parents. Raelee is passionate about the attachment-developmental lens. She works with parents who are overwhelmed by day-to-day family life, stuck in analyzing their children's misbehaviors, resorting to yelling, threatening, and taking away privileges in hopes of restoring peace. Parents appreciate Raelee's humor, warmth, and enthusiasm, often noting that coaching with her feels like talking with a trusted and wise friend. Your first step to working with her is a FREE Coaching Session via zoom. Raelee offers personal coaching to help parents simplify and move toward values-centered discipline to cultivate connection and cooperation between parent and child, tween, or teen.

[raelee@innerlifeparenting.com](mailto:raelee@innerlifeparenting.com)

[www.innerlifeparenting.com](http://www.innerlifeparenting.com)

**Mitra Rahimpour**, McogSci, MA (Psychotherapy and Spirituality), Neuroscience PhD, RP, CCCP

Manotick, Ontario, Canada

English and Persian/Farsi

I work with individuals (age 13+), couples, and families. I have worked with individuals suffering from challenges in a variety of areas such as anxiety, depression, grief, and trauma, including childhood sexual trauma, immigrant and multicultural individual and family issues, and marriage and couples conflicts. I am trained in various psychotherapy techniques, including Cognitive-Behavioral, Psychodynamic, which posits that our behavior and feeling as adults may be impacted by our (often subconscious) motives that are rooted in our childhood experiences, and Brainspotting. However, I use a therapy technique that suits the needs of the clients.

+1.613-265-7664

[mitra@rahimpour.ca](mailto:mitra@rahimpour.ca)

<https://manotickcounselling.com>

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

Richmond, Virginia, USA

English, Persian/Farsi, Spanish

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

+1.804-215-4837

[kraika@rhwmgroup.com](mailto:kraika@rhwmgroup.com)

[www.rhwmgroup.com](http://www.rhwmgroup.com)

## Marriage Transformation® Referral to Professionals Resource List

**Alex Rassekh**, Licensed Professional Counselor

Beaverton, Oregon, USA

English and Persian/Farsi

Specializes in treating trauma, traumatic stress, and anxiety related difficulties in adolescents and adults through holistic and integrated therapeutic approaches. Different therapeutic models and approaches are weaved together, including EMDR and others, to help tailor services to your unique personality and needs.

+1.503-433-9130

[Alex@noblemindscounseling.com](mailto:Alex@noblemindscounseling.com)

[www.noblemindscounseling.com](http://www.noblemindscounseling.com)

**Leah Roberts**, Licensed Clinical Social Worker

Tampa, Florida, and telehealth throughout Florida, USA

English

Leah works with adults, teens, couples, and families who are looking to increase their well-being, improve their relationships, heal, and function better. Leah has training in Internal Family Systems (IFS), Dialectical Behavior Therapy (DBT), trauma-informed care, Cognitive Behavioral Therapy (CBT), and Brainspotting.

+1.813-922-1090

[Leah@LeahRobertsCounseling.com](mailto:Leah@LeahRobertsCounseling.com)

[www.leahrobertscounseling.com](http://www.leahrobertscounseling.com)

**Parisa Rowhani-Farid**, Coral and Pearls Couples Counselling; Bachelor of Social Work, Master of Counselling (in progress), Level 1 Training in Gottman Method Couples Therapy

Adelaide, Australia and Online

English

Works with couples navigating challenges in their marriage or considering separation; also works with couples who seek to strengthen their marriage bond.

[hello@coralandpearls.com](mailto:hello@coralandpearls.com)

[www.coralandpearls.com](http://www.coralandpearls.com)

**Shiva Sabet-Kazilas**, MA, Licensed Marriage and Family Therapist at Stories of Hope Counseling, providing Telehealth counseling

Persian/Farsi and English

My areas of focus include couple therapy and individual therapy for adults (18 and up). I have extensive experience with relationship dynamics, adult children of immigrant families, perinatal mental health, grief and loss, life transitions, and interracial relationships. I practice from an existential, narrative, and attachment-based perspective and am also trained in Emotionally Focused Therapy (EFT). My services are provided via telehealth and are private pay. Besides therapy, I provide supervision to therapists and associates who are working towards their licensure.

+1.425-298-6220

[shiva@storiesofhopecounseling.com](mailto:shiva@storiesofhopecounseling.com)

## Marriage Transformation® Referral to Professionals Resource List

**Roya Massarrat Saian**, Licensed psychologist and psychotherapist; Masters Degree in systemic family therapy; Master's Degree in couple mediation; Postgraduate Degree from Eric Fromm Institute; Brainspotting specialist; Registered board of psychologists.

Barcelona, Spain

English, Spanish, Catalan, and Farsi

Roya offers deep psychotherapy for clients who have experienced mistreatment and abuse, as well as support for couples facing conflict and challenges. She specializes in humanistic integrative psychology and trauma processing, with advanced training in Brainspotting, a neurophysiological approach that leverages the brain's natural healing abilities to address trauma. Roya provides both online (via Zoom, Google Meet, etc.) and in-person sessions. As a marriage consultant for the National Spiritual Assembly of Spain, she also leads workshops for Bahá'í communities on topics such as marriage, communication, consultation, parenting, and education.

+34-619989289

[roya@consulterapia.com](mailto:roya@consulterapia.com)

[www.consulterapia.com](http://www.consulterapia.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](mailto: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)

Sidney, British Columbia, Canada (with links to Thailand)

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 over 20 years. They are passionate about working with people considering marriage and married couples wishing to enrich their relationship. They enjoy helping couples who are considering marriage or already married understand each other's character more deeply and develop practical skills and approaches for building their "fortress for well-being" based on applying the teachings of the Faith They're happy to meet with couples anywhere in the world on-line or in person in their own geographical area of Vancouver Island, British Columbia, or Thailand.

[dianaschaffter@gmail.com](mailto:dianaschaffter@gmail.com)

[timschaffter@gmail.com](mailto:timschaffter@gmail.com)

## Marriage Transformation® Referral to Professionals Resource List

**Lolita Schmalenberg**, Registered Social Worker and Psychotherapist; GradD. Counselling Psychology, Post-Graduate Certifications in Sexual Health & Rehabilitation, Trauma & Traumatic Grief Counselling, & Psychosocial oncology, Certified Co-parenting Facilitator and Trauma for school-age children crisis response trained  
Modalities include Cognitive Behavioural Therapy, Cognitive Processing Therapy for Trauma, Solution Focused, Narrative, Gottman Couples, Intensive Sex Therapy and Applied Behaviour Therapy (for life skills training for people on the autism spectrum).

Based in Ontario, Canada; periodically in Hong Kong; no geographic restrictions  
English and conversational Mandarin

Supporting clients who are battling issues in culture, oppression and diversity inclusion, immigration, anxiety, self-harm, gender identity, marriage, and family counselling & parenting. Working with victims of sexual assault and childhood trauma are Lolita's areas of speciality. Lolita works from an integrative framework, she utilises evidence-based therapeutic approaches to meet the clients' needs. She has lived as a pioneer in China for 25 years and one year in Central America. While pioneering she worked extensively with children, teens, and families in crisis. Lolita fully understands the challenges and issues that arise for families living abroad as pioneers while raising 'third culture children'. She brings a collaborative, developmental, anti-oppressive, wellness perspective to her practice.

[lolitaaj@gmail.com](mailto:lolitaaj@gmail.com)

[www.lolitaschmalenberg.com](http://www.lolitaschmalenberg.com)

**Kolya Schweppe**, Naturopathic Psychotherapist (German Certification)

Basic Positive and Transcultural Psychotherapy Certifications (in English and German); Hypnotherapy certification

Osnabrück, Germany

English, German, and a little Chinese (Mandarin)

Works online and in person with individuals, couples, and families, doing positive psychotherapy and hypnotherapy for coaching for weight loss, addiction therapy in trance, treating fears and phobias, stress management and burnout prevention, and releasing blockages. Member of the World Association of Positive Psychotherapists; Member of the German Association of Positive Psychotherapists, Member of E<sup>3</sup> Exceptional Experiencer Empowerment Initiative for Mental Health Care professionals working with paranormal experiencers (<https://e3-initiative.com/all-listings/>).

[hpp@balance-therapie.com](mailto:hpp@balance-therapie.com)

[https://www.balance-therapie.com/start-eng-/](https://www.balance-therapie.com/start-eng/)

**Sandra Shoghi**, Certified Life/Spiritual Coach, Bachelor of Arts: Major in Psychology

Melbourne, Australia

English and Farsi/Persian

I work with souls that feel stuck in the same cycle or loop and don't know where or how to start shifting and changing their lives and quality of life. Souls who may know what they want but don't know how to start, or need more clarity. I work with youth and adults. I offer a 30-minute complimentary discovery call over video call online. I will send some reflection questions prior which we can explore in the session, to see if it aligns, and to see if we are a fit to work together. I would love to explore how I can support you on your journey by helping you connect back to your own source of truth, providing tools where you can navigate any life situation and feel you are connected to your heart and inner peace along the way. I am passionate about people building a strong, compassionate relationship with themselves, so that this then reflects in creating and sustaining beautiful, loving relationships with your partner.

[Sandra.shoghi@gmail.com](mailto:Sandra.shoghi@gmail.com)

WhatsApp: +61451448973

Website: <https://wavesoflifecoaching.com.au/>

## Marriage Transformation® Referral to Professionals Resource List

**Melissa Smith-Venters**, MA, LPC, NCC, Licensed Professional Counselor, MA in Clinical Mental Health Counseling, National Certified Counselor; additional certified training in Integrative Sex Therapy, the Gottman Method (Levels 1 & 2), and Restoration Therapy (Level 1); Owner of Gems Within, LLC: Specialty Counseling Services

South Carolina, USA

English and Spanish

Melissa specializes in relationships/marriage, infidelity and divorce, life transitions, grief and loss, eating disorders, depression and anxiety, and Baha'i-informed therapy. Melissa works with individuals and couples in person in South Carolina and via Zoom across the U.S. and globally.

[melissa@gems-within.com](mailto:melissa@gems-within.com)

**Ravi Starr**, Licensed Professional Counselor in Maryland and Missouri

Spanish - 18 years of experience working clinically in the language

Experience with trauma, marriage counseling, intimate partner violence, depression, and anxiety.

Available for 1-3 short-term consultations to help you connect with timely Writings and competent clinicians.

+ 011 816.919.0797

[Terapia.alegre@gmail.com](mailto:Terapia.alegre@gmail.com)

**Nasim Switzer**, BA, MC. Certified Canadian Counsellor. Edmonton, Alberta, Canada. I can take Canadian clients from anywhere in Canada except for Nova Scotia, New Brunswick, and Prince Edward Island.

English and Hungarian

Areas of work: Trauma (especially sexual trauma, perinatal trauma, racial trauma), anxiety, family struggles, parent burnout. I enjoy supporting folks who struggle with family members with personality disorders (such as OCPD, Narcissistic, or Histrionic Personality Disorder), as well as immigrants, refugees, or diaspora. I work with youth and adults. Among other approaches, I also provide EMDR therapy online or in-person. Please contact me to be on my waiting list.

[sessionswithnasim@gmail.com](mailto:sessionswithnasim@gmail.com)

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

Edmonton, Canada

English and Persian/Farsi

Provides therapy and coaching to individuals and couples, including on topics such as infidelity, porn use, and addictions where the clients are open to working on these issues.

[rfswitzer@gmail.com](mailto:rfswitzer@gmail.com)

<https://living-in-healthy-connection-109130.weebly.com/>

**Michelle Tennant**, MS (Master of Science in Counselor Education), NCC (National Certified Counselor), LCMHC (Licensed Clinical Mental Health Counselor), BC-TMH (Board Certified TeleMental Health Provider); individual adult outpatient therapist in private practice

North Carolina, USA (Only residents of this state; teletherapy only)

English

Main area of focus is working with both survivors of and those who engage in abusive behaviors and coercive control. Previous background in community mental health providing in-home and facility-based therapeutic services to those with severe and persistent mental illness, including schizophrenia, paraphilic disorders, and personality disorders. Always available to speak with students, new therapists, and those who are interested in the field in any location if they have any questions.

<https://www.morninglightnc.com/> (preferred for all inquiries and referrals)

[michelle@morninglightnc.com](mailto:michelle@morninglightnc.com)



## Marriage Transformation® Referral to Professionals Resource List

**Lourdes Thomas-Leahy**, Master of Science in Family Therapy, Licensed Marriage Family Therapist – New York, Pennsylvania, and Florida (teletherapy only)  
Pittsburgh, Pennsylvania  
English

Lourdes Thomas-Leahy works with individuals, couples, and families using a systemic, strength-based, solution-focused approach. Her collaborative therapeutic approach recognizes that the Client is the expert of their own story and will be an active participant in discovering their personal strengths to engender the desired changes. She has amassed specific experience addressing addictive tendencies/addiction, relational struggles, racial identity, grief, trauma, parenting, and marital struggles. When working with children, she takes a hands-on and individualized educational approach that considers the spiritual development of the child.

[lthomasleahy@mft@gmail.com](mailto:lthomasleahy@mft@gmail.com)

+1.845.793.6445

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

**David L. Trautmann**, Licensed Clinical Social Worker; B.A. in Psychology; M.A. in Clinical Social Work  
McLean, Virginia  
English

A generalist practice called New Spirit Therapy treating a wide range of mental and emotional and life issues:

- Anxiety, Depression and Mood Disorders; Personality Issues and Disorders - including high-functioning ASD, Interpersonal, and Behavioral problems; Marital, Family, Relational, and Parenting Problems; Trauma, Bereavement, Grief and Loss; Phase of Life and Adjustment issues
- Individuals (adolescents and adults), Couples, Parents, Families

Treatment Approach: Whole Person / Integrative, Client Centered / Interpersonal, Strengths Based, Empathically Focused, Results Oriented, Spiritually Informed, Trauma Trained

Modalities: In office or online via secure, HIPAA-compliant videoconferencing portal for people residing in Virginia, Maryland, District of Columbia, New Mexico, and out-of-country

+1.571-655-7088

[newspirittherapy@outlook.com](mailto:newspirittherapy@outlook.com)

[www.psychologytoday.com/us/therapists/david-leonard-trautmann-new-spirit-therapy](http://www.psychologytoday.com/us/therapists/david-leonard-trautmann-new-spirit-therapy)

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

Portuguese, English, Persian/Farsi, 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](mailto:fariba.vahdat@gmail.com)

## Marriage Transformation® Referral to Professionals Resource List

**Monette Van Lith**, Life Coach and Trainer, Families and Work/Life Balance

Co-Founder Family Advanced Childcare Training (FACT), LLC

Co-Founder Rekindle Retreats [www.rekindleretreats.com](http://www.rekindleretreats.com)

Concord, Massachusetts, USA

English, Dutch

Many parents are currently experiencing high levels of stress and exhaustion. Relationships feel strained. And burnout is not far off. Both men and women struggle to feel happy and fulfilled in their personal life and career. Monette helps her clients find their way out of burnout, feel excited about their work and family life again, and do the things that matter to them most. Monette works with individual parents, couples, teens, and the family unit. Her coaching is based on positive psychology and core spiritual principles. For corporate clients, Monette conducts training and workshops on Managing Career with Family Responsibilities and Balancing Work and Life. For parents, Monette offers a 12-week coaching program based on her book "Family Matters: Filling Your Home with Purpose and Love" (available on Amazon). A free 45-minute Stress-Reversal Assessment with Monette can be scheduled on her website [www.monettevanlith.com](http://www.monettevanlith.com).

[monettevanlith.coaching@gmail.com](mailto:monettevanlith.coaching@gmail.com)

+1.617-888-2496

**Julie Burns Walker**, intuitive with a specialty in medical issues

Illinois, USA

English

Julie works with clients with questions about physical, mental, emotional, and spiritual concerns. Appointments last one hour and are over the phone, so she can work with people from across the globe. You can ask about health and wellbeing, but also anything that is on your mind about your life, family members, or work. Prepare ahead of time by writing down clear questions, as she responds to whatever ones are most important to you. It is highly recommended to record the appointment, as re-listening to the session can be helpful.

<http://julieburnswalker.com>

[schedulingjbw@gmail.com](mailto:schedulingjbw@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](mailto:deborah1844@gmail.com)

+1.612-524-8786

<http://deborahshealingarts.com/>

**Lua Weatherdon**, LCSW

Portland, Oregon metro area, USA

English and Spanish

I work with adults, youth, and families to address trauma, depression, anxiety, PTSD, dissociation, family dysfunction, addiction and other unhelpful patterns of behavior. Can accept insurance for Oregon residents only.

+1.503-504-4288

[luascounseling@gmail.com](mailto:luascounseling@gmail.com)

[www.luascounseling.com](http://www.luascounseling.com)

## Marriage Transformation® Referral to Professionals Resource List

**Jan Webber**, Holistic Life Coaching and Energy Healing

Washington, DC, USA area

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.

+1.440-543-0707 (within Dr. Sabet's office)

[Healing4444Me@gmail.com](mailto:Healing4444Me@gmail.com)

<http://HealingMe.us>

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

<https://www.youtube.com/channel/UCphTlwB3KiPxEFxM9JYiEAw>

**Kacey Wilson**, PsyD, EdM

Charlottesville, Virginia, USA (in-person & telehealth)

English, with basic proficiency in Spanish and Portuguese

Dr. Wilson is a Licensed Clinical Psychologist who works with couples, family systems, adolescents, and individuals across the lifespan on challenges ranging from developmental trauma, anxiety, depression, suicidality, grief/loss, transitions/adjustments, relationship challenges, and psychospiritual integration. Kacey has lived and worked as an educator, clinician, and coach in the U.S., Brazil, and India. She is also a certified yoga instructor and Ayurvedic Health Counselor. She stands for the cultivation of a rich ecology of being and belonging that supports resilience and balance, both within and without, for the sake of accompanying one another towards peace, equity, integration, and sustainability. She draws from the wisdom of the Baha'i Faith, the contemplative sciences, somatic practices (including EMDR and somatic experiencing), and evidence-based practices within Psychology to meet each client where they are and walk collaboratively and consultatively towards the client's overall wellness goals. She offers a sliding scale as well as some in-network and out-of-network options for insurance. She is also credentialed with PSYPACT to see clients across 42 States.

[ShoshinCounseling@gmail.com](mailto:ShoshinCounseling@gmail.com)

[www.ShoshinCounseling.com](http://www.ShoshinCounseling.com)

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

Ottawa, Ontario [Canadian clients and those implications where psychotherapy is not regulated]

English, Persian/Farsi, Chinese (conversational)

Specialization: cross cultural/interfaith couples, immigrant/refugee families, parent and adult children relationship. Shiva is a first-generation Iranian immigrant. She has been in an inter-cultural marriage for over 30 years and has three adult daughters. She has pioneered in different countries in Asia and worked closely with couples and families from different backgrounds. Individual therapy areas: anxiety, depression, grief, anger, existential/spiritual questions, codependence, relationship issues, life transition, self-esteem, stress, etc. Couple and family therapy areas: parenting, pre-marital counselling, culture and faith related challenges, adult child and parent conflicts, partner communication, immigration related issues, etc.

Therapeutic approaches: EFT, ACT, IFS, CBT, Positive Psychology and others.

+1.613-700-7882

[shivayan.cs@gmail.com](mailto:shivayan.cs@gmail.com)

<https://westottawawellness.com/>