



## Marriage Transformation LLC

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

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

An Information and Referral Resource from Marriage Transformation®

Updated June 22, 2023

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

### What Do You Need?

#### Bahá'í Institutions

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

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

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

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

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

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

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

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

### Selection of Bahá'í Guidance

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

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

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

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

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

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

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

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

"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

#### Type of professional:

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

### Professionals:

**Susanne M. Alexander**, Relationship and Marriage Educator/Coach, Character Specialist; Author; Prepare-Enrich Certified; Character Foundations Assessment Certified; Lead faculty and course developer for Transformation Learning Center, [www.transformationlearningcenter.com](http://www.transformationlearningcenter.com)

Tennessee, USA

English

Coaches individuals and couples to be ready for relationships or marriage and to strengthen marriages that are struggling and need skill-building but that are not seriously troubled. Offers assessments and education through her books and online courses that include communication skills and virtues. Assists Spiritual Assemblies with relationship and marriage education in their communities. 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.

+1-423-599-0153

[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); [www.characteryaq.com](http://www.characteryaq.com)

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

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

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

## Marriage Transformation® Referral to Professionals Resource List

**David Andrews**, Transformational Life Coach; Masters in Art and Education; Life Space Institute in Transformational Counselling Psychology (focus on neurolinguistic reprogramming); Anthony Robbins school of coaching

Ottawa, Ontario, Canada

English

Most people come into coaching because they want a new future. I help them clearly identify their default future and their default identity, and I work with them to transform and upgrade both of those so as to create a new future. I coach individuals, couples, and groups using transformational metaphor, the language of virtue, emotional intelligence, the making of meaning, creating functional agreements in relationship and transformational focusing. I work with high achievers who are success oriented and do not require medical attention. I offer group coaching courses to a general audience (Baha'is are welcome), and you can see details on my website.

+1 343-553-6634

[Davidandrews999@iCloud.com](mailto:Davidandrews999@iCloud.com)

[www.learningcircles.me](http://www.learningcircles.me)

**Saba Arjomand**, Relationship and Marriage Coach

Greater Vancouver, British Columbia, Canada

English, Spanish, and Persian

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.

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)

**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.

907-310-0755

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

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

## Marriage Transformation® Referral to Professionals Resource List

**Alex Blakeson**, MsEd, ACC, ICF and GISC Certified coach

Stockholm, Sweden

English, Spanish (fluent), Swedish (intermediate)

Professional coach trained at the Gestalt International Study Center (GISC), certified by International Coaches Federation (ICF) and practicing for 10+ years in the U.S. and abroad. Helps each individual, couple or family systematically clarify and chart their purpose, principles, and goals and actively 'walks' with them, around the obstacles, toward their fulfillment. Directly applies the divine teachings to the extent of the client's receptivity. Works with those of all ages and backgrounds, with special focus on youth and young adults, striving for life coherence around service, marriage and family, study, work, diverse relationships, health, and other elements. Works in small coaching groups and/or individually, in person and online. Strives to make coaching affordable to every single soul and used only as long as needed.

(+46) 70 852-9141 (Sweden)

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

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

**Kelly Cadell** (formerly Monjabez), Sexual Wellness Coach, Registered Social Worker

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 runs a men's group for restoring sexual wellbeing and recovering from the impacts of pornography. Contact her for a complimentary consultation.

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

**Daniel Dashnaw**, MS, MA, MFT; Couples Therapist, Relationship Expert, Author

Northeast USA

English

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

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

413-358-5028

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

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

Campbell River, British Columbia, Canada

English

Janna Denton-Howes specializes in helping women, married to men, want and enjoy sex more. You can work with her in a group coaching experience called "The Wanting it More" program.

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

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

**Philip L. Donihe (Phil)**, Personal and Professional Growth Coach and Champion

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

Tennessee, USA

English

Offers Online Platform with personal and professional growth products and communities, assessments, knowledge, and skill-building to build personal capacity, Growth and Transformation Coaching for Individuals, Teams, and Organizations, Character Development Coaching, Men's Life Journey Coaching,

+1.423.667.7588

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

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

[www.grownet.biz](http://www.grownet.biz)

**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](mailto:tabasom@generatehope.ca)

[www.generatehope.ca](http://www.generatehope.ca)

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

**Gazal Egari**, Marriage and Family Therapist

Torrance, California, USA (22750 Hawthorne Blvd #206 Torrance, CA 90505)

English and Farsi

Offers counseling related to grief and loss, depression, anxiety, pregnancy and postpartum, premarital and marital, and family for children, preteen, teen, adult, and elders. Modalities: Cognitive Behavior Therapy, Narrative Therapy, Play Therapy, Gottman Method. I always take into account my client's individual strengths, life experiences, and spiritual beliefs. In therapy one may choose to work through the individual and family challenges, past traumas, and experiences with grief and loss. I utilize scientific evidence-based treatment approaches tailored to meet my client's needs, preferences, and culture. Through therapy you will recognize stumbling blocks that cause you to feel distressed and ways to change them to stepping stones. Sliding scale available.

424-999-8970

[gazal@newlightmft.com](mailto:gazal@newlightmft.com)

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

English, German, French, Spanish, and Farsi

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

[DrSherryE@naturalhealthpowerworks.com](mailto:DrSherryE@naturalhealthpowerworks.com)

305-720-9099

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

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

USA, Chile

English, Spanish (intermediate)

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.

[staff@mainspringfoundations.com](mailto:staff@mainspringfoundations.com)

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

Facebook: Follow Your Design Facebook Group

Instagram: @follow\_your\_design\_rediscovery

## Marriage Transformation® Referral to Professionals Resource List

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

California, USA

English and Persian

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

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

[Keyvan.Geula@yahoo.com](mailto:Keyvan.Geula@yahoo.com)

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

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

Cary, North Carolina, USA

English

919.816.0009

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

<http://www.gaylegonzalezjohnson.com>

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

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

Edmonton, Alberta, Canada, work remotely

Fluent in 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.

1.780-993-1062 (phone and WhatsApp)

[marie@shiftworkplace.com](mailto:marie@shiftworkplace.com)

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

<https://shiftworkplace.com>

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

Institute courses on relationships, marriage, and parenting

Los Angeles, California, USA

English

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

(562) 457-0339

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

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

**Wendy Haus Hanevold**, Ph.D.

Georgia USA

Emotional Focused Family Therapy, Emotional Focused Individual Therapy

Couples and Individual adults in midlife and beyond

404-583-7333



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[wendyhanevoldphd.com](http://wendyhanevoldphd.com)

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

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

Sydney, Australia

Persian, English, and some Spanish

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

614 221 381 60

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

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

Baltimore, Maryland, USA

English

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

443-759-8932

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

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

**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.

+336 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 both black and Persian if someone wishes to work with a woman of color.

310-433-9865

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

**Daniela Kantorova**, PsyD (licensed in California); Level 1 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

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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.

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

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.

346-351-4902

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

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

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

English

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

615-491-1490

[maxcia@mindfulmarriage.com](mailto:maxcia@mindfulmarriage.com)

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

Oregon City, Oregon, USA

English

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

503-473-3144

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

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

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

**Bob Lynch**, Consulting Hypnotist, NGH certified

Oregon City, Oregon, USA

English

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

503-544-4035

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

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

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

**Sussanne Martin, MSW**

El Salvador

English and Spanish

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

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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.** (formerly Pat McIlvride)

Licensed Clinical Forensic Psychologist in New York, Colorado, and New Jersey

Longmont, Colorado, USA

English

Specializing in Interpersonal Violence and its effects, childhood and adult trauma, EMDR, Narcissism, and Cluster B traits in relationships

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

**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 videoconference as well as in person.

773-398-0212

[mmigalski@icloud.com](mailto: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](mailto:counseling@life-lines.biz)

[www.life-lines.biz](http://www.life-lines.biz)

**Nura Mowzoon, Ph.D.**

Phoenix, Arizona, USA

English

Relationship and couples coaching

(602) 529-8068

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

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

**Elena Mustakova, Ed.D., LPC**

Arlington, Virginia, USA

English, Spanish, Bulgarian

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

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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

704-576-4935

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

**Dr. Taravat Ostovar**, Registered Psychologist (British Columbia and Northwest Territories); Fortitude Centre for Wellbeing

Vancouver, BC, Canada

English and Persian

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

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

Phone: 604-349-7060

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

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

**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)

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[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-x9hbxnm?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)

**Raelee Peirce**, Parenting Coach; BA Communication Studies from UNC-Chapel Hill: Emphasis - Interpersonal Relationships; PCI Certified Parent Coach & Simplicity Parenting Certified Family Life Coach

Hillsborough, NC, USA

English

Raelee has been a Parent Educator and Coach since 1999. Married over 20 years and the parent of two teens, she currently coaches and consults with parents. Raelee brings a passion for the wellbeing of children through an attachment-developmental lens guided by her Baha'i background. Parents love her humor, warmth, and enthusiasm and share that coaching with her is like talking with a trusted and wise friend. Your first step to working with her is a FREE Discovery Call. She offers both personal and group coaching programs.

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

[www.innerlifeparenting.com](http://www.innerlifeparenting.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](http://www.cleartrauma.com) for more information); Mindfulness Focus therapy; spouse is Persian.

423-875-4566

[mkradpour@comcast.net](mailto:mkradpour@comcast.net)

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**Mitra Rahimpour**, McoSci, MA (Psychotherapy and Spirituality), PhD candidate in Neuroscience, RP, CCCP  
Manotick, Ontario, Canada  
English and Farsi  
I work with individuals (age 13+), couples, and families.  
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, Farsi, Spanish  
Assists couples with planning and communication around the topic of money to prevent conflict.  
804-215-4837  
[kraika@rhwmgroup.com](mailto:kraika@rhwmgroup.com)  
[www.rhwmgroup.com](http://www.rhwmgroup.com)

**Alex Rassekh**, Licensed Professional Counselor  
Hillsboro, Oregon, USA  
English and 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.  
503-433-9130  
[Alex@noblemindscounseling.com](mailto:Alex@noblemindscounseling.com)  
[www.noblemindscounseling.com](http://www.noblemindscounseling.com)

**Leah Roberts**, Registered Clinical Social Work Intern, MSW  
Tampa, Florida, and telehealth throughout Florida  
English  
Leah works with adults, teens, couples, and families who are looking to increase well-being, improve their relationships, heal, and function better. Leah has training in Brainspotting, trauma-informed care, Cognitive Behavioral Therapy, and Acceptance and Commitment Therapy.  
813-922-1090  
[Leah@LeahRobertsCounseling.com](mailto:Leah@LeahRobertsCounseling.com)  
[www.leahrobertscounseling.com](http://www.leahrobertscounseling.com)

**Mojdeh Rohani**, MSW, LICSW  
Massachusetts  
English, Persian  
Population served: individual adults; Focus: trauma, refugee mental health, treatment of torture and gender-based violence, depression, and PTSD  
[mojdeh\\_rohani@yahoo.com](mailto:mojdeh_rohani@yahoo.com)

**Shiva Sabet-Kazilas**, MA, LMFT at Stories of Hope Counseling, providing Telehealth counseling for residents of Washington State  
Farsi and English  
I serve individuals (adolescents, adults, and seniors) and couples. The areas of my expertise are perinatal mental health, relationship issues, life transitions, grief and loss, racial identity, and working with refugees and immigrants. My approach to therapy is collaborative, relational, strength-based, and process focused. Besides therapy, I provide supervision to therapists and associates who are working towards their licensure.  
425-298-6220

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

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

Español (Spanish only)

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

[dr.danielmora.psicologia@gmail.com](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 understand each other's character more deeply and develop practical skills and approaches for building their "fortress for well-being." They're happy to meet with couples anywhere in the world on-line. Diana and Tim are also faculty and coaches for young adults through the Wilmette Institute.

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

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

**Lolita Schmalenberg**, Registered Social Worker and Psychotherapist; GradD. Counselling Psychology, Post-Graduate Certifications in Sexual Health & Rehabilitation, Play Therapy, Trauma Counselling, Certified Co-parenting Facilitator and Trauma for school-age children crisis response trained  
Based in Ontario, Canada; periodically in Hong Kong; no geographic restrictions

English and conversational Mandarin

Supporting clients who are battling issues in transitions, anxiety, self-harm, gender identity, marriage, parenting, and working with victims of sexual assault and childhood trauma are Lolita's areas of speciality. Lolita is also a registered teacher, subject specific with the British Columbia Teachers' Federation. Working from an integrative framework, she utilizes 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. 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, multicultural, and wellness perspective to her practice. Modalities include Cognitive Behavioral Therapy, Cognitive Processing Therapy for Trauma, Solution Focused, Narrative, Gottman Couples, Sex Therapy and Applied Behaviour Therapy (for life skills training for people on the autism spectrum).

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

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

**Soren Shamsian**, Ph.D.

Irvine, California, USA

English

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

[soren.shamsian@gmail.com](mailto:soren.shamsian@gmail.com)

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949-394-3675

**Ravi Starr**, Licensed Clinical Professional Counselor

U.S. States of Kansas, Maryland, Missouri

Able to work with clients outside USA

English, Spanish (14+ years of working clinically in Spanish)

Areas of specialty include trauma (including EMDR certification), cognitive behavioral therapy, and family therapy.

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

**Nasim Switzer**; In process of completing Certified Canadian Counsellor (I have Masters in Counselling Psychology). Expected date of licensing is about March/April, 2023 (I will be able to practice everywhere in Canada except Nova Scotia, New Brunswick, and Prince Edward Island)

Edmonton, Alberta, Canada

Languages: English and Hungarian

Areas of work: Trauma, Parenting, family struggles, parenting, post-partum, perfectionism, and those who struggle with family members with personality disorders such as OCPD, Narcissistic, or Histrionic Personality Disorder. I enjoy working with people who are immigrants, refugees, or diaspora. I will especially be honored to help those affected by the current events in Iran.

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

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

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

Hungary (from Canada)

English; Furugh also speaks Persian

Work together as a couple to provide therapy and coaching to individuals and couples and we offer intensive (2-3 days of sessions) therapy for couples. We also work with 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/>

**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

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)



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**Fariba Shaikhzadeh Vahdat**, Marriage Educator; Prepare-Enrich Certified; Educadora Familiar e Matrimonial  
Sao Paulo, Brazil  
Portuguese, English, Persian, and Spanish  
Works with individuals and couples preparing for and currently in relationships or marriages who need assessments, coaching, and knowledge and skill-building.  
+55-11-982242991  
[fariba.vahdat@gmail.com](mailto:fariba.vahdat@gmail.com)

**Monette Van Lith**, Life Coach and Trainer for Families and Work/Life Balance; Co-Founder Family Advanced Childcare Training (FACT), LLC  
Concord, Massachusetts, USA  
English, Dutch  
Monette works with individual parents, couples, and teens. Her coaching is based on fundamentals and tools from positive psychology and core spiritual principles. Focus is for families with children of all ages to enhance family unity by developing a family mission and vision and creating a family vision board; parents to develop a distinctive parenting framework; and women to create coherence in family-work-life balance. She also designs and conducts corporate training and workshops on topics such as Work/Life Balance, Harnessing the Opportunities of Intergenerational Teams, and Balancing Career with Family Responsibilities. Monette also offers coaching packages that operationalize the 9 parts of a parenting roadmap described in her book "Family Matters." A free Q&A session about life coaching and working with Monette can be scheduled on her website.  
+1.617.888.2496  
[monettevanlith.coaching@gmail.com](mailto:monettevanlith.coaching@gmail.com)  
[www.monettevanlith.com](http://www.monettevanlith.com)

**Julie Burns Walker**, intuitive with a specialty in medical issues  
Illinois, USA  
English  
Julie does appointments weekdays only and in the mornings. Appointments last 1 hour and are usually over the phone but can be in person. You can ask all types of questions about health and wellbeing, but also anything that is on your mind about your life, family members, or work. She had near death experiences when very young and ended up with this gift. She can help discover what is going on in your body, even when the doctors are baffled. She can recommend supplements or foods that will help. Prepare ahead of time by writing down clear questions that you have about your physical, mental, emotional, and spiritual wellbeing. She responds to whatever questions are most important to you, and it's best if you minimally talk and let her do most of the talking. It is highly recommended to record the appointment, as re-listening to the session can be helpful. 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, [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)  
612-524-8786  
<http://deborahshealingarts.com/>

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### **Lua Weatherdon, LCSW**

Portland, Oregon, USA

English and Spanish

I work with adults, youth, and families to address depression, anxiety, PTSD, dissociation, family dysfunction, addiction and other unhelpful patterns of behavior.

503-504-4288

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

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

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

Northeast Ohio, USA

English

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

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

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

<http://HealingMe.us>

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

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

### **Kacey Wilson, Ed.M., (Psy.D. in progress-graduation date Fall 2023); Integrative Therapist**

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

English, with basic working proficiency in Spanish and Portuguese

Health Service Psychologist (HSP) in training who works with couples, family systems, adolescents, and individuals across the lifespan on challenges ranging from developmental trauma, anxiety, depression, personality & mood disorders, suicidality, grief/loss, transitions/adjustments, and psychospiritual integration. Current Doctoral Intern in Counseling and Psychological Services at the University of Virginia. Since studying Prevention Science and Developmental Counseling at Harvard over a decade ago, Kacey has counseled and worked with adolescents, adults, and family systems across the U.S., Brazil, and India. With a background in Yoga and Ayurvedic Health Counseling, Kacey joined the United World College of India in 2017 as the Head of Mindfulness, Well-Being and Psychological Counseling. After three years in India, Kacey returned to the U.S. to pursue Doctoral studies in Clinical and School Psychology at James Madison University. Her current passion and research focuses on suicide prevention and healing developmental trauma, especially in the wake of the COVID-19 pandemic, climate change, and the evolving impacts of globalization and colonization. She stands for the cultivation of a rich ecology of being and belonging that supports diversity 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 Vedic sciences (yoga/Ayurveda), and evidence-based practices within Health Service Psychology to meet each client where they are and walk collaboratively and consultatively towards the client's overall wellness goals.

+1 (303) 349-6515 (WhatsApp and Signal)

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

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

Ottawa, Ontario [Canadian clients ONLY or those where psychotherapy is not regulated]

English, Persian, Chinese (conversational)

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

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

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

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

(613)700-7882

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