



## 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, Parenting, and Family Life**

**A Service of Marriage Transformation®**

**Updated August 27, 2026**

[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>.]

**Note: This information and list of Bahá'í professionals are provided for convenience, but this document does not constitute any type of official or personal endorsement of those listed.**

### **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 as needed. When Assemblies have established a level of trust and confidence with a believer, that believer would naturally turn to them. If you live in a locality with a Local Spiritual Assembly, that would be your first point of contact. At times, individuals or couples might be serving on the local institution and be uncomfortable 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 responsible for spiritually guiding those who turn to them and for 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 in 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, so it is important that they be supported by spiritual institutions.

If an individual or couple does not have easy access to an Assembly or is hesitant to approach their Assembly, there are other options. Auxiliary Board members are available to consult with any believer in their 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 consult with a person or a couple, either directly or through one of their assistants, help them consider the application of spiritual principles to their circumstances, and, if necessary, assist them in navigating the administrative processes with an Assembly. 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.

## Marriage Transformation® List of Professionals Who Are Bahá'ís

All institutional representatives are available to assist and will collaborate as needed to support those seeking 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 discussing this directly with the institution involved. Bear in mind that individual Assembly members should not offer personal opinions or give personal advice about your situation, and you may speak up if you find that happening.

When a couple is not willing or ready to share specific information about their marriage, or when the matters involved are being handled 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 seek counseling or other professional assistance.

### Selection of Bahá'í Guidance

The guidance below is a brief selection on 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>.

1. “... 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)

2. "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)
3. "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)
4. "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 (Personal Perspective)**

"[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 your needs and whether you prefer in-person sessions or working over the internet via video conference, which can work well for you. Many of the professionals on this list are willing to work with people globally over the internet, although licensing laws in some places (including states in the United States) often allow therapists to work only with people in their own location.

If you are dealing with complex issues that have developed over many years, you may need a trained therapist or marriage and family counselor. 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 experienced in working with couples, rather than someone trained only to work with individuals. It's also wise to ensure the person is pro-marriage rather than automatically advising divorce.

### Working with a professional who is not a Bahá'í:

You may not be able to find someone who is both a fit for you and 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 practitioner to help you avoid spending 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). Potential sources for non-Bahá'í counselors are <https://www.gottman.com/>, <https://www.prepare-enrich.com/facilitator-finder/>, and [www.betterhelp.com](http://www.betterhelp.com).

“Neither you nor your husband should hesitate to continue consulting professional marriage counsellors, 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.” (Universal House of Justice, *Compilation of Compilations*, Vol. II, #2339)

### Additional Bahá'í-Based Resources

#### Authoritative:

1. To Set the World in Order: Building and Preserving Strong Marriages (compilation)  
<https://www.bahai.org/library/authoritative-texts/compilations/set-world-order/>
2. Regarding Family Life and Marriage, a Letter from the Universal House of Justice, March 19, 2021  
[https://www.bahai.org/library/authoritative-texts/the-universal-house-of-justice/messages/20250319\\_001/1#186716982](https://www.bahai.org/library/authoritative-texts/the-universal-house-of-justice/messages/20250319_001/1#186716982)

From Marriage Transformation, <https://marriagetransformation.com/shop/>

1. Individuals Preparing for a Relationship: *Starting with Me: Knowing Myself Before Finding a Partner* (3<sup>rd</sup> ed, 2024); *Be Brave and Arise* (for men)
2. Individuals, Couples, and Parents Preparing for Marriage: *Marriage Can Be Forever—Preparation Counts!* (4<sup>th</sup> fully revised edition, 2024)
3. Marriage Strengthening: *Re-Vitalizing Our Marriage: Applying the Teachings of the Bahá'í Faith to Strengthen Our Union* (2020)

These books and others are available through [www.marriagetransformation.com](http://www.marriagetransformation.com), Bahá'í Distribution Services, or various online bookstores.

## List of Professionals Who Are Bahá'ís

**Note:** This list of professionals is provided for convenience only and does not constitute any form of official or personal endorsement of those listed. Each person or couple will need to screen the individuals on the list to find a “good fit” for them.

In many places, laws require that someone can work only with a professional located in their state, province, or country. Some professionals hold licenses that permit them to work only in certain geographic areas; others work with clients around the world or with clients 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 again or in a different way.

**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)

The listed professionals are skilled in relationship and marriage issues or work with individuals who want to be healthy and participate in a relationship or marriage in the future. Most work on a fee-for-service basis; some will adjust for hardship; many accept medical insurance only if they are licensed and you are in the same geographic region, though there can be exceptions. This selection is diverse in education, skills, methods, and services; not everyone will be a fit—see who would best serve you.

### LISTING OF PROFESSIONALS

**Section 1: Counselors or Therapists (Various Specialties)**

**Section 2: Coaches and Other Types of Helping Professionals (Various Specialties)**

**Section 3: Alternative Health Modalities**

**Section 4: Other Support Services**

**Section 5: Practitioners Who Have Not Responded to Marriage Transformation Recently**

#### Section 1: Counselors or Therapists (Various Specialties)

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

California, USA

English

Specialties:

- Marriage & Couples Therapy | Premarital Counseling | Family & Individual Support | Parent Coaching
- Couples & Family Support: Navigating major life transitions, including premarital preparation, parenting stress, postpartum adjustment, and separation.
- Young Adult Mental Health: Helping individuals navigate anxiety, depression, self-discovery, and relational challenges.

I offer a compassionate, collaborative space to help strengthen your relationships and process difficult life circumstances. Together, we will build actionable tools and insights to foster deeper connection, resilience, and personal clarity.

[Tinabtherapy310@gmail.com](mailto:Tinabtherapy310@gmail.com)

## Marriage Transformation® List of Professionals Who Are Bahá'ís

**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)

**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

<https://www.psychologytoday.com/us/therapists/jenny-silber-butah-soquel-ca/111040>

**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.

[kellycadell249@gmail.com](mailto:kellycadell249@gmail.com)

**Charis Chase**, LCSW

New Jersey, USA (limited to clients in this state and virtual only)

English

I provide individual therapy to clients seeking support for anxiety, depression, trauma, borderline personality disorder, emotional regulation, and life transitions.

+1.609-225-4749

[therapy@charischaselcsw.com](mailto:therapy@charischaselcsw.com)

<https://sites.google.com/charischaselcsw.com/counseling/home>

**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>

**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

## Marriage Transformation® List of Professionals Who Are Bahá'ís

Serves adults and couples.

+34.662560260

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

<https://marionadiaz.com/>

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

Ontario, British Columbia, and the Yukon, Canada (virtual/telephone only)

English

Maya works as a trauma therapist with adult 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 Trauma- Informed, Relational, Integrative, Attachment-Based, Cognitive Behavior Therapy, Dialectical Behavior Therapy, and Client-Centered. She's also Level 2 certified in Deep Brain Reorientation (DBR), a neuroscience and body-based therapeutic approach to address deep shock and trauma.

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

<https://www.psychologytoday.com/ca/therapists/maya-dousti-toronto-on/718363>

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

Vancouver, Canada

Mandarin Chinese (普通话) and English

As a counsellor, I am dedicated to supporting women of all ages in discovering their potential; couples seeking premarital or marriage counselling (including cross-cultural couples); and busy mothers striving to enhance their marriages and family lives. I am also passionate about helping immigrants navigate the challenges of adapting to a new country, and assisting parents in understanding both their own and their children's personalities to foster healthy, connected relationships.

My work often involves supporting women as they reflect on their upbringing, explore their life purpose, confront issues of gender equality, and heal from generational trauma. I am deeply committed to empowering women in a world that often disempowers them. Through counselling, I help clients break free from limiting societal beliefs and the dichotomies many women face—such as choosing between family and career, or serving others versus prioritizing personal growth. I also teach practical skills for effective self-expression and guide women in transforming their relationships—with themselves, their partners, and their families.

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

Wechat ID: Jingjingdu-

<https://radiantheartcounselling.com/>

**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.

+1.604-889-3635

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

[www.generatehope.ca](http://www.generatehope.ca); <https://www.facebook.com/BahaiCounsellingServices>

## Marriage Transformation® List of Professionals Who Are Bahá'ís

**Ladan Ehsani**, BA in Psychology from Simon Fraser University, Canada, 1992; Masters in Organizational Psychology from the University of Cape Town, South Africa, 2001; Diploma in Rapid Resolution Therapy from the United States, 2020

Cape Town, South Africa

Fluent in English; Average in Farsi/Persian

I work with individuals as well as families. I do not diagnose a mental illness. I do counselling, the premise of which is the understanding that humans are, in their essence, spiritual beings having a brief physical existence in this world. I have had much success with helping people with trauma to get emotionally “unstuck” and to move forward. Apart from professional experience, I have served on the Local Spiritual Assembly for about 25 years, a substantial part of which was to assist individuals with their difficulties.

Cell: +27.0648141300

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

**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.

cell/WhatsApp: +1.909-374-4222 or +1.909-621-6104

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

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

**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

+1.267-417-9573

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

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

**Nooshin Golshani**, PsyD, Licensed Clinical Psychologist

Located in New Jersey, USA, and licensed in NJ, NY, and 42 PSYPACT states and Northern Mariana Islands

English

Works with individuals 18 years and older. Specialties include BIPOC mental health, acculturation and cultural dissonance, trauma and EMDR, anxiety, parenting, neurodiversity and adjustment/transitions. Also a provider of the Safe & Sound Protocol.

+1.973-370-5536

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

<https://www.harmony-mental-health.com/>

## Marriage Transformation® List of Professionals Who Are Bahá'ís

**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>

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

Los Angeles, California, USA

English

Dave provides Therapy to individuals, couples, and families living in California, Oregon, and outside of the United States, he also provides Life Coaching to individuals, couples, and families inside the United States but outside California. Dave specializes in working with adolescents and adults, focusing on substance use, anxiety, and depression. Dave helps individuals struggling with these issues as well as the family members around the individual. Dave 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)

**Solange Issakhany**, Psychotherapist, 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)

**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 Khamisi**, Psychologist and career counsellor; Masters in psychology (University of Lausanne, Switzerland); Masters in career counseling (University of Geneva, Switzerland); Additional degrees in emotional freedom technique - EFT, human design personality analysis, systemic constellations and energy healing.

Geneva, Switzerland

English, French, Spanish

I work with individuals going through a transition in life, both on a personal or professional level. These past years, I have helped a lot of young women transition out of burnout and unfulfillment by using a mix of modalities that address the mind, emotions, and the body. Another one of my specialties is helping people with chronic illness deal with the challenges they face so that they can live their life with peace and purpose while respecting the pace of their body. My style is compassionate, non-judgmental, and fiercely empowering! When there is an openness to it, I supplement the counselling work with holistic healing techniques and intuitive guidance. My services are covered by some Swiss complementary health insurances and some international

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insurances. I am registered with the Swiss Federation of Psychologists. I work mainly online with clients from Europe and North America.

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

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

<https://www.onedoc.ch/fr/psychologue/geneve/pcu09/bahieh-amelia-khamisi> (booking link)

**Shahrzad Mahmoudi**, Psychotherapist and EMDR certified

Los Angeles, California

English and Persian/Farsi

- Individual Therapy for Adults
- Couples Counseling
- Family Therapy
- EMDR (Eye Movement Desensitization & Reprocessing)

+1.323-795-5756

[Shazi.mahmoudi@gmail.com](mailto:Shazi.mahmoudi@gmail.com)

<https://www.shahrzad-mahmoudi.com/>

**Roya Massarrat**, 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, intercultural issues, communication difficulties, mediation, sexual difficulties, and reconstituted families. 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. Some issues Roya addresses are: stress, depression, alcohol abuse, sexual disorders, phobias, anxiety, compulsive behavior, grief, personality disorders, and eating disorders. 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)

**Katrin Modabber**, Psychologist, Trauma Therapist, Couples and Family Therapist, Virtues Project Facilitator

Germany

German and English

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

+49.6226-789197

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

**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® List of Professionals Who Are Bahá'ís

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

USA, Bulgaria, and Europe  
English, Spanish, Bulgarian

In over 35 years of experience, Elena has counseled and coached 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)

### **Dr. Taravat Ostovar, Registered Psychologist (licensed in British Columbia, Alberta, and the Northwest Territories (NWT), Canada)**

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.)

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.

+1.604-349-7060

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

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

### **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

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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-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)

**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: +1.818-788-4444; Cell: +1.818-424-4011

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

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

**Farid Peseschkian-Diehl**

M.Sc. Psychologist, German-Board Certified Psychotherapist (Psychodynamic Psychotherapy), PhD Candidate (Baha'i Inspired Mental Health) at MHB University, Germany

Halle (Saale), Germany

German, English

I offer psychodynamic psychotherapy for individual adults (in-person or via Zoom) to investigate their current stresses and their biographical origins in a clarification-oriented manner. Together we explore recurring patterns, inner conflicts, and relationship experiences that shape today's experience. I see myself as a companion on your journey of self-awareness. Psychotherapy heals through a trusting relationship, insights into conflicts you unconsciously carry, and acceptance of its shadow and light sides. I like to use stories and artistic work to keep the therapy hours varied and to open up access to inner dimensions through creativity.

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

[www.transformation.online](http://www.transformation.online)

## Marriage Transformation® List of Professionals Who Are Bahá'ís

**Mitra Rahimpour**, McoSci, 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>

**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)

**Daniela Robinson**, PsyD (clinical and forensic psychologist 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, incarceration and other institutional/state violence. Areas of interest 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 trainings on trauma and crisis intervention.

+1.510-214-6146

[dr.robinson@justhealing.net](mailto:dr.robinson@justhealing.net)

**Mojdeh Rohani**, MSW, LICSW  
Massachusetts, USA  
English, Persian/Farsi

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)

## Marriage Transformation® List of Professionals Who Are Bahá'ís

**Parisa Rowhani-Farid**, Coral and Pearls Couples Counselling; Bachelor of Social Work, Master of Counselling, Level 1 Training in Gottman Method Couples Therapy, Level 2 Training in Gottman Method Couples Therapy (in progress)

Tunisia

English

I work online globally with couples and individuals aged 18+. I see couples who believe that their relationship is worth fighting for but feel stuck, despite their efforts to improve things. I help them understand their patterns, gain insight into the reasons why these patterns have become fixed, and practice a different way of doing things. I also work with couples who simply want to check in on their relationship occasionally. The Relationship Checkup is a 90-minute service I offer where couples can assess how their relationship is going, align their vision for the future, and evaluate their progress towards family and individual goals. Individuals can also come to me for individual counselling in which we reflect on recurring tests, patterns, and habits and determine a path forward together.

[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)

**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)

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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 Experienter Empowerment Initiative for Mental Health Care professionals working with paranormal experiencers (<https://e3-alliance.org/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/)

**Melissa Smith-Venters**, Licensed Professional Counselor (LPC) and National Certified Counselor (NCC). Melissa has a master's degree in Clinical Mental Health Counseling and is currently pursuing a PhD in Clinical Sexology. Melissa is a certified relationship coach.

South Carolina, USA

English, Spanish

Counseling and coaching services specializing in relationships, marriage, sex/intimacy, infidelity, separation/divorce, and life transitions. Melissa works with individuals and couples in person and via Zoom across the U.S. and globally.

Text or call: +1.843-259-2299 (for clients in USA)

WhatsApp only: +1.843-933-2733 (for clients outside USA)

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

<https://www.psychologytoday.com/profile/1091719>

**Ravi Starr**, Licensed Clinical Professional Counselor in Kansas, Maryland, and Missouri (USA) - Works with clients outside the United States

English and Spanish (16+ years working clinically)

Specialties:

- Trauma recovery, including:
  - EMDR (Eye Movement Desensitization and Reprocessing) – Certified
  - Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Couples counseling using the Gottman Method (Level 1 trained)
- Building communication and decision-making skills through Baha'i consultation
- Exploring Baha'i teachings and writings related to mental health and well-being

**Fees and Insurance:** Accepts multiple insurance plans; \$185 per session for clients paying out of pocket

Ravi works with individuals and couples seeking support for trauma, relationship challenges, personal growth, and the integration of mental health and spiritual principles.

Voice or text - +1.240-347-1211

[StarrMHC@proton.me](mailto:StarrMHC@proton.me)

<https://www.psychologytoday.com/us/therapists/ravi-starr-bowie-md/1096387>

**Nasim Switzer**, BA, MC; Certified Canadian Counsellor; takes Canadian clients from anywhere in Canada except for Nova Scotia, New Brunswick, and Prince Edward Island. Potentially can see clients from England.

Edmonton, Alberta, Canada

English and Hungarian

Areas of work: Trauma and grief, perinatal mental health relationship struggles, couples work (especially couples navigating transition to parenthood or to second child), family therapy, neurodivergence (ADHD, Audhd, PDA, Autism). I have specialized experience in birth trauma, early pregnancy loss/miscarriage, couples in the postpartum period, and paternal mental health. I do EMDR and use an integration of somatic, person-centered, narrative approaches.

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

Booking Link: <https://nasimswitzercounselling.janeapp.com/>

## Marriage Transformation® List of Professionals Who Are Bahá'ís

**Michelle Tennant**, Ed.D. (Doctor of Education in Higher Education and Leadership), 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. New clients are placed on a waitlist for openings. I am available to speak with colleagues, 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)

**Lourdes Thomas-Leahy**, Master of Science in Family Therapy, Licensed Marriage and 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.

+1.845.793.6445

[lthomasleahy1mft@gmail.com](mailto:lthomasleahy1mft@gmail.com)

<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)

## Marriage Transformation® List of Professionals Who Are Bahá'ís

### **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)

### **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)

Section 2: Coaches and Other Types of Helping Professionals (Various Specialties)

**Susanne M. Alexander**, Certified Relationship, Pre-Marriage, and Marriage Educator/Coach; Author; Certified Character Specialist; Completed Level 1 Training in Gottman Method Couples Therapy  
Tennessee, USA

English

Serves individuals and couples who are willing to be protagonists of their own learning and be accompanied with insights, suggestions, encouragement, and resources (Bahá'í and science-based). Her focus is on preventing issues through understanding and learning and shifting people into healthy choices. Assists clients and group learning participants with being ready for relationships or marriage. Offers a premarital assessment and coaching for couples seriously considering marrying, ideally before asking for parental consent. Does marriage assessment and coaching for couples who want to “tune-up” their relationship and increase unity and skills, such as communication or consultation. Offers online courses, many of which are Bahá'í-based

([www.transformationlearningcenter.com](http://www.transformationlearningcenter.com)). Assists clients with personal transformation goals to align behaviors with the Bahá'í teachings, such as through the Character Foundations Assessment™ and virtues materials.

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. <https://marriagetransformation.com/coaching/>

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

+1.423-599-0153 (US Eastern)

[www.marriagetransformation.com](http://www.marriagetransformation.com); [www.bahaimarriage.net](http://www.bahaimarriage.net); Accordia Way on Substack/YouTube/TikTok;

<https://www.youtube.com/user/SusanneMAlexander>; <https://www.facebook.com/MarriageTransformation>;

Instagram: coachsusannealexander

**Alex Blakeson**, MsEd, ACC, ICF and GISC Certified coach; Prepare-Enrich Certified; Gottman Method for Couples (Level 1)

North Carolina, USA, and Stockholm, Sweden

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

Background in adult education and development, coaching professionally since 2012 in the U.S. and internationally. Served as a faculty member and department co-coordinator for Wilmette Institute Marriage and Family team. What are your aspirations, needs, and challenges? How do you walk confidently toward and through them, in the company of committed others, within a growing understanding of the true purpose of your life, all while applying the right principles from both science and religion? How do you strive to live coherently among “my world”, “my family”, and “myself” - including courtship, marriage, parenthood, study, work, worship, service, health, and more? Let’s make it affordable, enjoyable and effective to advance together, whether as a couple, through a small coaching group of like-minded friends, or individually. Free initial consultation.

+1.802-257-5443

+46.70-852-91-41 (WhatsApp and mobile in Sweden)

[alexblakeson@gmail.com](mailto:alexblakeson@gmail.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. Specializes in innovation management.

+1.423-667-7588

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

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

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**Hamada Eleleimy**, Professional Life Coach, Neuro-Linguistic Programming Master Practitioner and Havening Techniques Practitioner (Also known as Amygdala Depotentiation Therapy, this is an alternative psychosensory therapy that uses gentle, soothing touch along with mental distractions to help reduce deep-rooted stress, traumatic memories, and severe anxiety).

New Plymouth, New Zealand; works online internationally

English and Arabic

I work with individuals, couples and parents on a range of issues, including the effects of trauma and difficult past experiences, limiting beliefs, emotional regulation difficulties, and non-substance addictive or compulsive patterns involving pornography, sex, food, gambling and hoarding. With couples, I focus on communication, recurring relationship patterns, and personal patterns or past experiences that affect the relationship. I also support parents to better understand their children's needs, strengthen attachment, establish clear boundaries, and support their children's development.

+64.218-13-004 (WhatsApp, iMessage)

[coach@hamadaeleleimy.com](mailto:coach@hamadaeleleimy.com)

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

**Sovaida Maani Ewing**, Certified Professional Coach (iPEC), Energy Leadership (TM) Index Master Practitioner, COR.E Performance Dynamics Specialist

Washington, DC, USA (works globally)

Persian/Farsi, Arabic, and English

I help women discover their magnificence and fearlessly live a life true to themselves, rather than a life others expect them to lead. I also help entrepreneurs recognize and break through the inner blocks that hold them back from achieving the success they desire.

+1.202.716.5673

[sovaida@unleashyoucoaching.com](mailto:sovaida@unleashyoucoaching.com)

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

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

English, Spanish

USA and Costa Rica

Founder of Men@Pinetree: A retreat to build our capacity for authentic connection.

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

**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

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

**Karen Tucker Lynch**, MAIS, certified life coach, conflict resolution & mediation, and parent education

Oregon City, Oregon, USA

English

Karen's mission is to bring about greater unity through improving communication within oneself and with others. Focus is on multi-generational adult family members coming together to create multigenerational homes, families with elders needing care, and members in various places. Experience, training, and passion are

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brought together to empower people to achieve their goals, enhance their quality of life, and cultivate greater well-being within their families, relationships, and communities.

+1.503-473-3144

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

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

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

**Open Circle Support Group** (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)

**Raelee Peirce**, Parent Coach; BA in Human Development from UNC-Chapel Hill; PCI Certified Parent Coach® & Asheville, NC, USA

English

Raelee has been coaching Bahá'í parents since 2006, bringing over 20 years of lived experience as a spouse and parent of two young adults. She specializes in working with parents—whether married, separated, or divorced—who want to raise children rooted in Bahá'í values while navigating the complexity of modern family life.

Raelee's approach is grounded in attachment-developmental theory and spiritual formation. She helps parents move beyond reactive discipline and sibling conflict toward genuine connection, even when family structures change. Her work honors a central Bahá'í principle: that the child's inner life, security, and sense of belonging matter most—regardless of household configuration.

Parents work with Raelee when they're:

- Overwhelmed by daily life and unsure how to align parenting with their values
- Caught in reactive patterns of yelling, threats, or punishment
- Navigating separation or divorce and worried about the impact on their children
- Wanting to foster cooperation and emotional maturity in their kids
- Seeking to model the Bahá'í virtues they're hoping to cultivate

What sets Raelee apart: her warmth, humor, and ability to hold complexity without judgment. Clients often say coaching feels like talking with a trusted, wise friend who understands both their parenting struggles and their faith.

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

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

## Marriage Transformation® List of Professionals Who Are Bahá'ís

**Julia Sabet, PhD** (nutrition science), Trauma-Informed Certified Coach, Relationship Educator  
Eliot, Maine, USA  
English

Serves women who are struggling in their marriages to improve their relationships and achieve happiness and peace within themselves, marriage, and family. Helps women focus on their own development and view their husbands in a positive light. Always hopeful and confident in the ability of women and men to change and rise above challenges, even when seemingly insurmountable. Works with women virtually around the world via one-on-one and group coaching sessions that foster a sense of community and mutual support. Offers a free 30-minute consultation.

+1.207-752-6241

[julia.tomanio@gmail.com](mailto:julia.tomanio@gmail.com)

<https://twoseasoflove.com>

Instagram: TwoSeasOfLove

**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)

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

Melbourne, Australia

English and Farsi/Persian

My deepest love is helping people reconnect to their inner guidance and spiritual power. I work with people 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. People who may know what they want but don't know how to start, or need more clarity. I offer a 30-minute complimentary discovery session over video call online. I will send some reflection questions prior which we can explore in the session. 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.

WhatsApp: +61.451448973

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

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

## Marriage Transformation® List of Professionals Who Are Bahá'ís

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

Edmonton, Alberta, 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. Coauthor of *Mindful Matrimony*.

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

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

**Monette Van Lith**, Life Coach and Facilitator, Work/Life Balance

Concord, Massachusetts, USA

English, Dutch

Monette helps her clients move from burnout to balance, from confusion to clarity, and from stress to a sense of purpose and momentum. **For young adults**, Monette provides coaching on navigating relationships, discovering purpose, and making confident decisions about studies, career paths, and life direction — helping them move from uncertainty to a grounded plan for what's next. **For parents**, Monette offers a 12-week coaching program based on her book “Family Matters” (available on Amazon), designed to help them reconnect with what matters most and build a home rooted in purpose and love. **For corporate clients**, Monette conducts training and workshops on Managing Career with Family Responsibilities and Balancing Work and Life, to sustain performance without sacrificing their personal lives. Her coaching is grounded in positive psychology and core spiritual principles, producing lasting change rather than short-term fixes. She meets with clients virtually, via Zoom, or in person. Book a free 30-minute exploratory coaching call: [www.monettevanlith.com](http://www.monettevanlith.com).

+1.617-888-2496

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

### Section 3: Alternative Health Modalities

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

**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**, Naturopathic and Homeopathic Doctor specializing in mental and emotional health

Minnetonka, Minnesota, USA

English

I am a trauma-informed practitioner, biological scientist, and clinician exploring resilience, regulation, and human connection through nervous system science, microbiome research, and systems biology. I meet over the phone, internet, and in person with individuals, couples, and families, consulting on health and difficult issues to find constitutional remedies. I can address issues related to sex, pornography, anxiety, trauma, and stress, particularly where there are mental or emotional challenges causing physical symptoms.

+1.612-524-8786

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

<http://deborahshealingarts.com/>

<https://substack.com/@deborahshealingarts> (practical guides and tools for mental and emotional management)

**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://facebook.com/HolisticLifeCoachingSolutions)

<https://www.youtube.com/channel/UCphTlWB3KiPxEFxM9JYIEAw>

## **Marriage Transformation® List of Professionals Who Are Bahá'ís**

**Laurel Zolfonoon**, Somasoul Somatic Therapist and Educator (RSMT, RSME)

US-based via Zoom; Metrowest Boston, Massachusetts, USA, in-person

English

Serves individuals and groups; SomaSoul somatic therapy facilitates a profound connection between an individual's experiences—both past and present—and their internal sensations and innate wisdom. It shifts the focus from cognitive narratives to bodily sensations, fostering awareness of physical feelings as a pathway to insight and healing. Through gentle guidance and movement practices, this therapy promotes an embodied sense of self and holistic well-being.

+1.508-474-5633

[sys.laurel@gmail.com](mailto:sys.laurel@gmail.com)

Section 4: Other Support Services

**US National Assembly Office of Community Administration:** [community@usbnc.org](mailto:community@usbnc.org)

**Alex Mazloom**, Financial Literacy and Management

English

+1.858-335-3608

Works with individuals and couples based on spiritual principles to improve their ability to understand and manage their finances.

[amazloom@mindtreasures.com](mailto:amazloom@mindtreasures.com)

<https://mindtreasures.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)

**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.

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

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

**Section 5: Practitioners Who Have Not Responded to Marriage Transformation Recently**

**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)

**Nancy Candea**, MSW, LSW; Masters of Social Work  
New Jersey, USA  
English  
Works with adults and couples and does nature therapy for individuals and groups. Also does wellness coaching.  
+1.808-885-9642  
[NancyCandea9@gmail.com](mailto:NancyCandea9@gmail.com)  
[www.NancyCandea.com](http://www.NancyCandea.com) and <https://www.psychologytoday.com/us/therapists/nancy-anne-candea-parsippany-nj/1380747>

**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](https://www.instagram.com/follow_your_design_rediscovery)

**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>

## Marriage Transformation® List of Professionals Who Are Bahá'ís

**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 way 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)

**Naghmeh K. Merck**, LCSW; Psychotherapist in private practice

Arlington, Virginia, USA

English, Farsi, Spanish

Experienced psychotherapist in private practice specializing in work with adolescents, young adults, college-aged students, and adults individually. Solely seeing clients via telehealth.

+1.703-628-3776

[MerckLCSW@gmail.com](mailto:MerckLCSW@gmail.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.]

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