

Terence Ford, MFT Psychotherapist Hypnotherapy



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People come to therapy usually because they feel dissatisfied with something about themselves. If you are feeling unhappy, anxious, stuck, blocked creatively, overwhelmed, or in a difficult place with your partner or spouse, we can work together to understand what's going on. Many people know that something feels uncomfortable but they cannot identify the feeling or its cause. I can help you to describe your own feelings, something that can lead to deeper self-exploration and personal growth. We will work in a confidential space, where we thoughtfully, carefully, and intelligently reflect on your emotional life. We can gently explore the origins of your feelings and work through how they show themselves. Our work will be focused in the here and now: by exploring who you are right now, change in your outlook or actions becomes possible. Generally, I use ideas firmly grounded in psychoanalytic theory and technique that are informed by my personal practice of Zen meditation of over ten years. I have been a performing musician as well as a mid-level executive in large non-profit organizations for many years. I have also lived in several countries and traveled widely. These life experiences provided me with valuable analytical and interpersonal skills, and they help me also to work with a diverse population. I provide hypnotherapy for some cases, especially to help with

"too-much" behaviors such as smoking, eating, and internet use or internet addiction. Occasionally I will use hypnotherapy in a psychotherapy context.

Specialization(s): anxiety, depression, relationships

Rates: \$160

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