

# Carol Bartels, LMFT

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I am an LGBTQ Affirming Therapist who is passionate about helping people find a way to live their lives authentically while getting along in a world that does not always seem to support that authenticity. I treat anxiety, depression, emotion dysregulation, grief, trauma and stress-related illness. However, I believe a person is never a diagnosis, rather a unique individual who may happen to have a diagnosis and need some help. Using mindfulness practices from Dialectical Behaviors Therapy and Mindfulness-based Stress Reduction, I work with clients to help create a more balanced, meaningful life. I work with adults, families and couples and I sometimes run groups. I have come to the field of psychotherapy after 20 years as an educator and writer. I taught college students from all over the world and have always had an interest in helping people express themselves authentically. The longer I work with people, the more deeply I understand that life is all about relationships: relationship to others, relationship to the world and, perhaps most importantly, relationship to self. This is what has drawn me to be a therapist.

Rates: \$150-\$180

GayLesbianDirectory Discount Offered: \$10

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