East West Therapy Hawaii



428-A Launiu Street
Honolulu, Hawaii 96815
United States

Phone: 213-880-8262
Fax: (323) 851-7806

Beginning the process of psychotherapy is a courageous step! I believe that the emergence of symptoms such as depression, anxiety, addiction, relationship difficulties, grief & mourning, sexual orientation/identity, work/career issues, self-esteem and others are often a call from psyche announcing the arrival of a new level of self-awareness, consciousness, and psycho-spiritual integration. We become introduced to previously-unknown aspects of ourselves which come "online" when it is time to transition to a new phase of our life and development.These psychic eruptions often make themselves known in such recognizable phenomena as dreams, fantasies, images, and emotional/psychological symptoms. Most of us need an experienced, knowledgeable, and compassionate guide to help us navigate this sometimes difficult yet potentially fruitful period. To find out more contact me.

Specialization(s): Jungian-Based Analytic Therapy, Gay/Lesbian Issues, Sandtray, Dreamwork, Depression/Anxiety, Addictions, Relationships, Spiritual Issues, Career, Life Transitions
Rates: $150; most insurance accepted
GayLesbianDirectory Discount Offered: Sliding Scale Available

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