

Jose M. Perez, LMFT



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I am a Licensed Marriage and Family Therapist in NJ and have worked with LGBT population for over ten years. Creating meaningful connections in a safe and warm environment is my goal. I work collaboratively to help you and your partner or spouse find better ways to relate to one another and recognize the destructive patterns that stand between a more satisfying relationship. I offer a compassionate approach to help you achieve a more effective way of communication with your partner or spouse. I am a Certified Emotionally Focused Therapist which means that I have completed the highest level of training in this model and I am recognized by the International Center of Emotionally Focused Therapy (iceft.org). I also work with individuals who are exploring ways to feel more complete in dealing with issues of coming out to family members or that are suffering from depression, anxiety and and/or general discomfort in having to hide their true selves. "Compassion is not a relationship between the healer and the wounded, it's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity." - Pema Chodron

Specialization(s): Couples, coming out, sexual identity, depression, anxiety, loss

Rates: \$160- \$200 I also offer a sliding scale

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