Carol Bartels, LMFT



3950 Long Beach Blvd, Ste.204
Long Beach, California 90807
United States

Phone: 562-548-8999

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 happent 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

Website
Email
Tell a Friend