

# Vida Family Counseling & Consulting, LMFT

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Phone: (562) 378-7981

Hi, my name is America Islas, LMFT. My focus is LGBTQI2-S Affirmative Therapy because I believe everyone deserves to be supported, understood, and celebrated during their therapy experience. Whether working individually with children or adults, with a couple or a family, I focus on establishing a safe environment. I believe that we can build a trusting relationship in order to help you understand the dynamics that are creating issues in your life and guide you to learn new ways to live with more fulfillment and joy. As your therapist, I will provide you with a safe & welcoming space where you can develop self-awareness and love your authentic self. I will provide a compassionate hand that will support & empower you through your life journey. I will guide you in developing deeper connections in relationships, greater confidence in decision making and increases your capacity for managing life's challenges. I specialize in working with individuals who identify as Lesbian, Gay, Bisexual, Transgender, Questioning or Queer, Intersex, Two-Spirited, Gender Non-Binary or Gender Awesome. I understand that overcoming personal, relationship and family issues can feel like an overwhelming challenge for those struggling with identity issues, but you don't have to do this alone. I work with

children, individuals, families and couples. I use a combination of therapeutic styles, such as: Person Centered, Narrative, Attachment Theory, Solution Focused, and Cognitive Behavioral Therapy. My goal is to build a supportive bond with each client which in turn facilitates self-authenticity and increased satisfaction in relationships. I identify as a Latinx Queer therapist who believes that being your authentic self is worth it! I provide individual, family and relationship counseling. I am a bilingual (English & Spanish), a whole-hearted & person-centered therapist who can help you live a happier and satisfying life. I help with the process of healing low self-esteem, depression, anxiety, finding purpose, and relationship issues. I explore underlying inner childhood traumas, attachment/abandonment issues & interpersonal conflict. I see individuals (children & adults), couples, & families facing life's stressors. My primary expertise is providing counseling and supportive services for the LGBTQI2-S community, but I Welcome EVERYONE! I encourage you to contact me for a FREE 15 minute consultation to discuss your interest in therapy. I am always happy to offer referrals or other resources if we should determine that I am not the person best suited to help with your particular situation.

Rates: \$100-\$150

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