

Coronado Counseling Founder Message - Practice Policies

My goal in opening my own private practice was to pay forward my own experiences in having had a safe space "to get messy w therapy." We have created a space in which you may feel comfortable processing the feelings that have been preventing you from achieving your goals on your own. Our hope for any who may walk through our doors is that you are able to achieve those short-term goals that bring you here, while planting seeds of empowerment so that one day you will feel self-confident and capable on your own once again.

As a strengths-based private practice it is important that anybody who walks through our doors feels holistically accepted for the whole package of who they are knowing that growth comes from self-acceptance, and until you are able to accept yourself we are here to show you how by accepting you, for you. We practice from a person-centered approach believing that our clients are the 'experts' and we 'the guides', simply a team of humans helping other humans; not better than you, just one of you.

Our belief is that everybody inherently has the answers as to what would help them, what often is missing is the self-acceptance to stop judging long enough to get out of one's own way and explore alternative ways of thinking to set goals, meet needs, to consider best practices of action for one's well-being in their big picture. Let us help you explore what a good "next step" would be to reach your goal toward "your Ideal You" you are aspiring to become.