



KATHLEEN WARWICK-SMITH, MA, MFT

For the last eight years I have worked in various clinical settings including private practice, non-profit agencies and schools. I have enjoyed a diverse clinical experience that has enabled me to work with a wide variety of people.

I hold a Masters degree in Counseling Psychology from the California Institute of Integral Studies in San Francisco, and a Bachelors of Arts degree in Political Science from the University of California at Berkeley.

To my practice I bring the life experience of a parent (two teenage children), a marriage partner (twenty years), business owner, author, public speaker and instructor.



Kathleen Warwick-Smith, MA

MARRIAGE AND FAMILY THERAPIST

MFC #40025

TWO OFFICE LOCATIONS

SANTA ROSA

862 Third Street

Santa Rosa, CA 95404

(Between Brookwood and E Streets)

SONOMA

18340 Sonoma Highway

Sonoma, CA 95476

(On Highway 12 Near the Sonoma Mission Inn)

(707) 527-9525

ADULT PSYCHOTHERAPY

Psychotherapy can help restore a sense of purpose and direction to those who find themselves challenged by their life situation or feelings of overwhelm.

I work with individuals who have lost balance as a result of major life transition, loss, trauma, illness, substance abuse or difficult relationships.

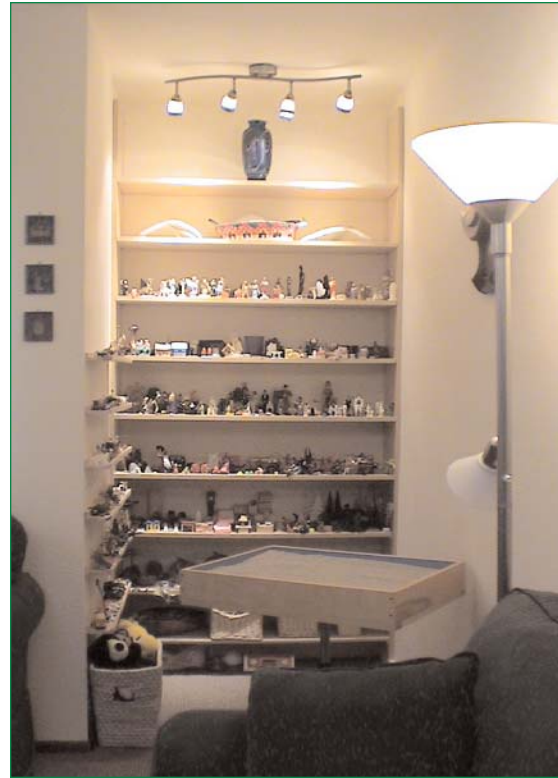
My style blends spirit and matter—depth work and solution-focused work. Dialog and solution-focused work help reveal conscious attitudes and patterns of behavior that may limit us. While, depth work—such as dream work, sandtray or other avenues of creative self-expression—offers a pathway to our inner life that can lead us towards new options and resources.

Often practical and innovative solutions to life's dilemmas emerge from this mixture of the creative and practical.



COUPLES COUNSELING

Whether a new relationship or a relationship of long standing, couples may reach an impasse where a neutral third party can help facilitate change. I work with couples in the areas of communication, trust, parenting, intimacy, anger and conflict resolution. I also provide premarital counseling, counseling to cross-cultural couples, couples with infertility issues, and couples considering separation or divorce.



THE SANDTRAY ALCOVE IN MY SONOMA OFFICE

ABOUT THE INITIAL SESSION

I offer the initial session at no charge in order for us to become acquainted. This first meeting is a good time to ask questions about the process of psychotherapy and for us to explore why you are seeking help and what goals you have for our work together.

FEES

My fee is \$80/hr (50 minute hour). Sliding fee scale available on request.

SERVICES FOR CHILDREN

I commit a portion of my time to working with children who need help adapting to the demands of school or challenges at home. I have a special interest in children who internalize stress—in other words those who seek to contain their emotions within instead of acting them out.

Children with this coping style can experience depression, anxiety, low self-esteem, social withdrawal or physical complaints. Because these children do not often act out, their pain can go unnoticed and untreated, later developing into more serious problems.

I also treat children who experience attachment disruptions with parents or primary caregivers as a result of separation, divorce, illness or other difficult situations.

I use play therapy, sandtray and cognitive treatment approaches.



DREAM GROUPS

Here you can explore your inner life in an environment of safety and discovery with the support of others.

These groups for adults focus on learning how to listen to dreams and ask questions to encourage new levels of self-understanding and transformation. Groups meet for two hours on a weekly basis for eight weeks. Limited to four to six participants. Santa Rosa and Sonoma.