

Jessica Sanchez



AMFT #143355/ APCC #15419

Jessica Sanchez holds the titles of Associate Marriage and Family Therapist and Associate Professional Clinical Counselor. Jessica has previously worked with adolescents, adults, couples, and groups. She enjoys utilizing Cognitive Behavioral Therapy, Person Centered Therapy, Narrative Therapy, Solution Focused Therapy, and Emotionally Focused Therapy. Jessica understands that each client has unique needs and is willing to use various methods to meet those needs. She enjoys assisting clients with their anxiety, depression, grief, relationship, and attachment issues. Jessica's goal is to create a warm, nonjudgmental, and safe environment for her clients. Her desire is that each client will be able to learn coping strategies, meet their therapeutic goals, and believe in their own strength and ability to handle life's problems.

Supervised by: Guilda Morales LMFT #133639