

# Alexandra Anguiano



AMFT #118873

Hello there! My name is Alexandra (she/her/hers) and I am an Associate Marriage and Family Therapist. I specialize in working with children, teens, and adults within the LGBTQIA+ and neurodivergent communities. My goal as a human and therapist is to help people of all ages feel seen, heard, safe, & valued. I see therapy as a way to bridge the gaps between child and parent, individual and self expression, the present moment and meaning. I collaborate with clients in finding new and creative ways to process and cope with anxiety, depression, PTSD, parenting issues, identity exploration, and symptom management. My training in EMDR (Eye Movement Desensitization Reprocessing), Emotion Focused Therapy, and Play Therapy help me provide a holistic, person-centered approach to treatment for each unique client. Starting your therapy journey is a big step. I am honored that I get to help people take that step, walk alongside them, and witness that journey.

Supervised by: Anne Chicone LCSW #21634