

Linda Paulson



LMFT # 15868

Linda Lane Paulson is a Licensed Marriage, Family Therapist, a Wellness Specialist and an almost lifelong yoga practitioner and teacher. She brings decades of experience with a wide variety of clientele and a wide variety of modalities, such as CBT, and Solution Focused Therapy. Her approach is holistic, nonjudgmental with the essence of developing a meaningful connection with each client. Each client is assisted in developing personal tools to deepen their self-understanding, develop effective boundaries and practice effective tools to deal with such areas of abuse, aging, anxiety, depression, grief, anger, cancer recovery, women's issues and survival in the business world.