

La Rae Gastel



AMFT # 144984

Congratulations on prioritizing your mental health! My name is La Rae Gastel, and I am here to support you as an Associate Therapist. With 19 years of experience as an educator, I have had the privilege of working with individuals of all ages, from children to adults. I believe that therapy, just like a classroom, should be tailored to the unique needs of each person. By building an authentic relationship with my clients and meeting them where they are, we can work together to set goals and create a future filled with self-discovery and healing. In my practice, I incorporate play-based techniques and am currently working towards becoming a Registered Play Therapist. Through play, I help children aged 7 and above who struggle to express themselves verbally. By engaging in play, they learn to take ownership of their actions, express their emotions, find solutions to problems, and develop positive social interactions.

Supervised by: Raymond Hernandez LMFT #115217