

# Karina Abarca

*Servicios en Español*



APCC # 14413

I would describe myself as a kind and patient person. I am also organized. I like to plan my days ahead of time. I make sure that my basic needs are met such as staying hydrated, eating a balanced meal, and getting enough sleep. I believe in a healthy mind, healthy body. When it comes to counseling, I resonate with the humanistic approach BUT I am open to learning and implementing techniques from other theories. I have used CBT, narrative, EFT, gestalt, play therapy techniques, and solution focused. I am also creative with my techniques. As far as population, I enjoy working with children, teens, women (english and spanish), and LGBTQ clients.

Supervised by: Vanessa Mullen LMFT #125278