

Valeria Penela, Psy.D. Licensed Clinical Psychologist

Description:

I provide psychotherapy to adults, adolescents and groups. I focus on creating a safe space in which one's being can be held. I believe that therapy can provide a supportive and safe environment in which repetitive patterns with food can be understood, address and unblocked to achieve a fuller self-expression. Through that process, I support individuals to address and gain insight to the underlying issues that prevent them from living a more fully, porous and passionate life and to develop a greater capacity for intimacy in relationships. I encourage clients to become in contact with their real hungers, understand their longings and find fulfilling ways to express them and satisfy them. Through that process, individuals can become more authentic and true to themselves. In addition to individual therapy I have a support group specifically designed for women in their 20's or early 30's who are committed to move forward in their lives and to connect with other women who face

Country: USA

City: Los Angeles

Zip: 90025

Website: <http://>