

Sabah Akmal, LCSW

Description:

As a licensed psychotherapist, I believe engaging in a therapeutic relationship that upholds respect, trust, and acceptance is fundamental for effective psychotherapy. I take care in creating a warm, nurturing and safe environment. In comfortable surroundings, when therapy at times can be difficult, we will work together - challenging and exploring thoughts, behaviors and feelings, allowing for improved change and coping. I provide individual, couple and family therapy. My areas of expertise include depression, anxiety, grief and loss, adjustment issues, life transitions, relationship challenges, stress management, acculturation, and multicultural issues.

I use a multidisciplinary clinical approach - integrating humanistic, cognitive-behavioral, psychoeducation, and brief solution-focused techniques. I recognize the importance of tailoring treatment approach to each individual's unique needs in order to achieve optimal change and meet goals.

I look forward to speaking with you.

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