

Rachel Sopher, LMSW

Description:

My goal as a therapist is to help clients to build on their strengths and better understand themselves so that they can achieve new and constructive patterns of living. I believe that the relationship between the therapist and client is a vital part of the healing process. In order to facilitate the establishment of this relationship I incorporate the elements of flexibility, forthrightness and respect in my work with clients. My style focuses on strengths and fosters a friendly and nonjudgmental atmosphere of safety and understanding.

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