

Allison Mupas, MFT

Description:

Allison is a licensed Marriage and Family Therapist specializing in individual, couples and family therapy, and maintains a private practice in Monrovia, California.

With over five years experience as a therapist, and specializing in working with Gay, Lesbian, Bisexual and Transgendered issues, all eating disorders, anxiety disorders, depression, codependency, and grief & loss, she is currently serving as private practitioner working with a broad spectrum of clients.

Allison is an interactive, humanistic, solution-focused therapist. Her therapeutic approach is to provide support and practical feedback to help clients effectively address personal life challenges. She integrates complimentary methodologies and techniques to offer a highly personalized approach tailored to each client. With compassion and understanding, she works with each individual to help them build on their strengths and attain the personal growth they're striving for in their lives.

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