

# London Bertoch, ACMHC

Starting the process of therapy can be confusing and frightening. I know that, because I've been there. It's my goal to provide a safe, compassionate environment for us to navigate whatever problems you may face, together. I view therapy as an alliance between therapist and client, an alliance that is far more effective with both parties on the same page. This is why I strive to show up to all of our sessions communicating empathy and solidarity, and value openness and trust as two of the most important parts of the therapeutic relationship. In our sessions we will work together to develop new insights into your unique experiences, feelings, and thought processes, using evidence-based practices to accomplish your goals and improve your quality of life. Whether you're dealing with anxiety, depression, loss, relationship problems, or behavioral issues, I am confident that we can get you feeling better by working together.