

INITIAL VISIT INTRODUCTION

Monica Kieffer, D.O., LMFT

Dr. Kieffer's interest in psychology started through her work with patients over 28 years in her practice of osteopathic medicine. Here she noted a large mental, emotional and spiritual component to health and disease. She explored this concept through her own personal growth in individual and group psychotherapy. Dr. Kieffer graduated from the University of Phoenix in 2009 with a Master's degree in Counseling and Marriage and Family Therapy. She received an additional license in Marriage and Family Therapy in the summer of 2015. Dr. Kieffer has personal experience in depth psychology or the exploration of her deeper self and the positive changes that psychotherapy can bring.

Counseling can assist a person(s) in the process of growth and adaptation to life's challenges. The function of counseling can be change of a difficult situation or relationship, prevention of future problems, or life enhancement through developing understanding and wisdom of life's passages.

Marriage and Family Therapy is about exploring relationships. The relationships we consider can be between spouses, children, family, friends, and even your relationship to yourself. Therapy sessions can be individual or multiple people. One can examine relationship individually in therapy or with the person(s) with whom you are in relationship.

Part of therapy is the exploration of the relationship; another part can be exploring the deeper self of you. Knowing yourself can be a large part of psychotherapy. Delving into motivations, intentions, and purpose often give a person(s) clarity that helps in life and relationship.

Dr. Kieffer works with all ages of people. She helps by giving support and understanding during the passages of life. Another focus of therapy can be loss or bereavement. This could be for the death of a loved one, in preparation of death, or the losses of living; such as job loss, moving, divorce, or loss associated with aging or illness.

Children have a special place in Dr. Kieffer's heart. She believes that each person has a special gift to bring to the world and explores this in her therapy with children. At times the work with children will need to involve the whole family.

Dr. Kieffer is a member of the California Association of Marriage and Family Therapists (CAMFT).

In therapy Dr. Kieffer provides a safe and compassionate space to do this sometimes difficult sometimes joyful work. Her goal is to help people find a deeper understanding of themselves and their relationships. **This first visit is scheduled for 1¼ hours. If you have not completed your new patient paperwork please arrive 15 min. before your scheduled time to do so.** We look forward to assisting you with your mental health needs.