

A Quality of Caring

Successful therapy is about kindness, honesty, personal responsibility and hard work. These traits are essential to personal happiness.

I bring those qualities to my work as a Marriage and Family Therapist. Good people strive throughout life to master them.

I know that together we can grow these seeds of happiness in your life. I provide a comfortable, safe and supportive environment in which you can grow.

Please contact me with any questions or to schedule your FREE 20 minute phone or face to face consultation. Take a step toward greater happiness, understanding, and peace today...

I look forward to our journey together!

Sincerely,

Kristin Perry,
MFT #48092



Kristin Perry, MA, MFT License #48092

Kristin holds a Bachelor of Arts in Philosophy from the University of California, Los Angeles, as well as a Master of Counseling Degree from the University of Phoenix. Prior to becoming a marriage and family therapist, Kristin taught elementary and pre-school for seven years. She also provided group and individual therapy through Palomar Family Counseling Services, Inc. for two years.

Kristin has extensive experience working with troubled teens and families. She was a Behavioral Health Clinician with North County Lifeline for nearly seven years. Through her work at North County Lifeline, Kristin worked closely and successfully on school sites with the students, families and staff of six schools within CUSD for many years. Kristin has developed positive, close, and professional working relationships with the counselors, school psychologists and other staff of CUSD and is well informed about resources available to families in North County through her committed and intensive long term community involvement.

Kristin provides effective and skillful group and individual counseling that addresses a broad range of behaviors and emotional issues. Helping with reducing self-injury and eating disorders, social skills enhancement, healthy communication, alleviating depression, stress and anxiety, coping with trauma, treating alcohol and drug abuse, and successful transition to adulthood are some of her specialties.

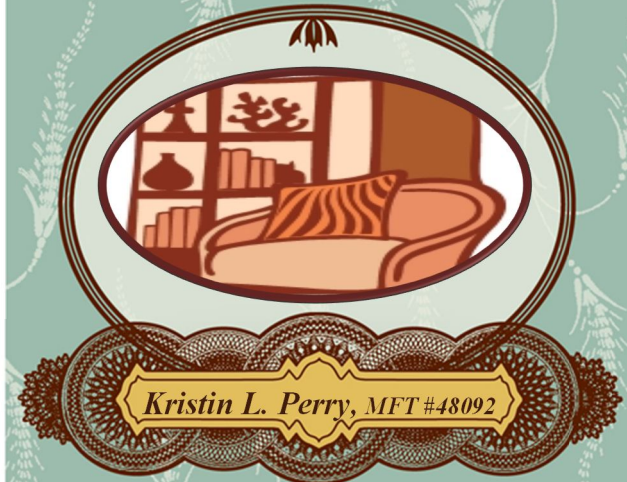
***Low cost sliding fees are available
to those who qualify...***

760-978-6071

2558 Roosevelt St
Suite 201
Carlsbad, CA 92008

www.kristinscomfycouch.com

Kristin's Comfy Couch



***Marriage, Family,
Child and Individual
Counseling,***

A Professional Corporation

Specializing in Teens

760-978-6071

***"Take a first step toward greater happiness,
understanding, and peace today..."***



Kristin's Comfy Couch

If you're holding this brochure, you've probably noticed an aspect of your life that isn't working for you, and you're considering making an important change. Congratulations on making it this far!

It isn't easy to take an honest look at your life, see a need for change, and seek outside help. If you have that sort of honesty and openness to bring to the table, you have all the basic equipment required to get where you want to be in life, and enjoy the process. I hope you'll find my counseling services to be a useful part of your journey.

I have been working in the counseling field for many years. I enjoy exploring life's journey with my clients—helping them find strengths within themselves they didn't know they possessed—discovering useful and practical solutions to life's problems together.

I have extensive experience working with teens. They are often struggling with hurt, anger, disappointment and disillusionment and are sometimes acting out their frustration in ways that interfere with their long-term happiness—and with peace at home.

There is a better way!

We all suffer pain and disappointment on our life journey. That pain can lead us to pick-up self-limiting beliefs and habits that interfere with our ability to enjoy ourselves, get what we want from life, and be happy. Your life is a precious and important gift. Your limited time is yours to spend discovering new forms of joy and satisfaction, or to waste on regret and old patterns of behavior that cause you suffering. The tools and skills learned in counseling can help you to: make the most of your life; cope with the daily bumps and bruises; heal old wounds; connect more deeply with others; discover greater purpose and meaning, and experience more joy along the way.

Kristin L. Perry, MFT
License #48092



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Kristin's areas of expertise:

- Teen Counseling & Empowerment
- Individual Therapy
- Couples Counseling
- Family Therapy
- Child Counseling
- Addiction Recovery
- Trauma & Abuse Recovery
- Kinship and Adoption
- Grief Counseling
- Stress Reduction
- Anger Management
- Eliminating Self- Sabotaging Behaviors
- Personal Growth & Self-Improvement

Skilled in working with a wide range of needs, from extreme trauma, to mild depression and anxiety, to those seeking personal enrichment. Experienced in art and play based therapeutic techniques. Well trained in Cognitive Behavioral, Solution Focused, Narrative, Gestalt, Experiential, Motivational Interviewing, Psychodynamic and other evidence-based therapeutic methods, practices and perspectives.

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