



## Couples Counseling and Family Therapy

### Couples Counseling

Incorporates Solution-Focused Brief Therapy with the Gottman Method to help couples strengthen their adult relationships by reversing destructive cycles as well as creating and integrating healthy interaction patterns.



### COUPLES COUNSELING AND FAMILY THERAPY

#### FAMILY THERAPY

Incorporates Attachment-Based Family Therapy with a focus on the dynamics in the relationships, in which each parent is treated, then the depression or presenting issue affecting the child, will be significantly reduced.

Privately held counseling sessions  
are provided at no, or low-cost.

Call our main number 916.645.3300  
for a Lighthouse intake appointment.

*The County of Placer Mental Health Services Act (MHSA)  
has provided funding and First5 Placer.*

### LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

**Call for an intake appointment.  
916.645.3300**

With locations in Lincoln, Auburn  
and Roseville

Website: [Lighthousefrc.org](http://Lighthousefrc.org)