

Ways Our Therapists Can Help

- Life Transitions
- Trauma
- Grief & Loss
- Premarital Counseling
- Parenting & Families

Contact Us

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EVERYONE NEEDS
TO KNOW A GOOD
THERAPIST



FAMILY MATTERS

COUNSELING
SERVICES

Our Services

- **Individual Therapy**
Our staff see clients Monday - Saturday and work with you to find the best time.
- **Couples Therapy**
Clinicians help partners when they are experiencing relationship changes and challenges.
- **Online Therapy**
We offer online sessions throughout the state of California. Visit our website for more details about the benefits of telehealth.
- **Play Therapy**
Some children need to use the metaphors of play therapy to work through difficult circumstances. We partner with parents to assist even young children.



QUALITY
PERSONAL
COUNSELING

www.familymatters.expert

Lots of folks regret not beginning therapy sooner, whether it's regarding relationship stress or parenting worries. Often we endure unnecessary suffering by delaying seeking help.

Get in touch

Reasons To Come To Therapy

- Depression
- Anxiety
- Adjustments
- Change in Relationship Status
- New Child
- Entering Adulthood
- Ending/Beginning Marriage



Our Team



Our clinicians have at least doctorate and / or master's level degrees and years of experience to help us best serve the community.



Our Offices

We provide online and in-person therapy sessions in San Francisco, the Peninsula and South Bay.

Therapy Techniques

- **Cognitive Behavioral Therapy (CBT):** An approach to treat anxiety, phobias and change negative thought patterns and behaviors.
- **Family Dynamics:** In-depth analysis and exploration of past experiences to understand and resolve emotional issues.
- **Brain Spotting:** A unique approach to dealing with trauma and emotional issues. It uses eye positions to help you process and heal deep emotional wounds.
- **Mindfulness:** This approach is all about staying in the moment, reducing stress, and boosting mental well-being through meditation and awareness practices.