



Marianna's psychotherapy is a constant opening to Existence (*Pixabay image*)

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What is Psychotherapy?

Psychotherapy for me, both as a client and as a therapist, is a continuous opening to the astonishing reality of Existence. It is the gift of being human and being able to see it all and make sense of it all. It is the never-ceasing process of learning to stop splitting between "good" and "bad" and just enjoying life as it is.

Marianna Jakucska is a licensed marriage and family therapist in Sacramento, CA. She does psychotherapy online across California, in a setting that is variably called telehealth, teletherapy or therapy-over-the-internet. She specializes in collaborative working with highly perceptive/sensitive people, the creative and the "misfit" to assist them in building a fulfilling life. Her clinical focus is on developmental trauma, depression, anxiety, cultural adjustment, and people single over 30; CBT, DBT, Existential and Eclectic approaches. She is bilingual in Hungarian and brings a broad cultural perspective into her therapeutic work. She is supportive of the LGBTQ Community and people who are seeking spiritual as well as mundane meaning to their life.