

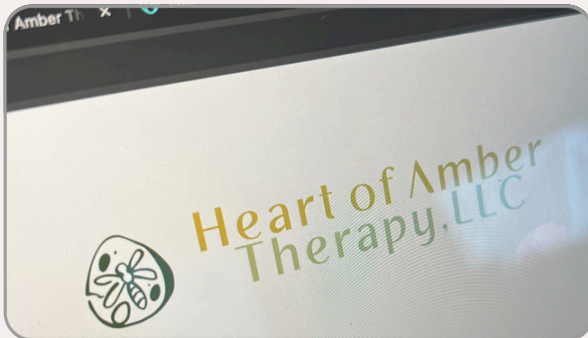


HEART OF AMBER THERAPY

AMBER HIGHLIGHTS

SEPTEMBER 2024 - ISSUE #1

HEART OF AMBER THERAPY'S EXCITING JOURNEY!



We're thrilled to announce that Heart of Amber Therapy, LLC, officially opened its doors in February 2024 in the vibrant town of Bridgewater, New Jersey! Founded by the dynamic therapist and clinical supervisor Angela Pereira Saafigueroa, LPC, this new practice is already making waves in the community.

Angela embarked on an impressive adventure to bring her vision to life, navigating everything from Ikea for office furnishings to endless hours on GoDaddy and Amazon. She fueled her journey with countless Dunkin' coffee runs and curated a stellar online presence through LinkedIn and Instagram. With the invaluable assistance of GrowTherapy, Angela managed to streamline the credentialing process and market her private practice.





CLIENT SATISFACTION SURVEY: WE VALUE YOUR FEEDBACK

At Heart of Amber Therapy, our primary goal is to ensure that we meet and exceed your expectations. Recently, we conducted a satisfaction survey to gauge how well we are serving you and to identify areas where we might enhance our services. We are thrilled to share that the survey results demonstrate a high level of satisfaction with the care and support you receive from us. Your feedback is invaluable in helping us maintain the quality of our services and ensure that your needs are being met effectively.

CLINICAL SUPERVISION: SUPPORTING THE NEXT GENERATION OF THERAPISTS

We are proud to highlight that our clinical supervision services are thriving. Currently, we are supervising two dedicated individuals who are pursuing their Licensed Professional Counselor (LPC) licenses in the state of New Jersey. These talented professionals are making great progress, and we are excited to see them advance in their careers. Our commitment to fostering the growth and development of emerging therapists ensures that we continue to offer the highest quality of care.

WAITLIST UPDATE: PLANNING AHEAD

As we continue to grow and support our community, we want to keep you informed about our current status. Our waitlist is now approximately two months out. We appreciate your patience and understanding as we work diligently to accommodate new clients and provide timely support. To better meet the needs of our community, we are actively exploring options for larger office spaces and considering the addition of more clinical staff. These steps are part of our ongoing commitment to enhancing our capacity and continuing to deliver exceptional care.

COMMUNITY OUTREACH: SAND PLAY THERAPY SUCCESS

Heart of Amber Therapy is dedicated to making a positive impact beyond our office walls. We are pleased to report the successful completion of two sand play therapy groups. Recently, we facilitated a sand play therapy group for adult employees at a local hospital, which provided them with a unique and therapeutic outlet for stress and emotional exploration.



Additionally, we conducted a sand play therapy group for children at an elementary school, helping them to express themselves and navigate their emotions in a supportive and creative environment. These initiatives are part of our broader effort to support mental health and well-being throughout the community.

NETWORK AND RESOURCES

In addition to building her practice, Heart of Amber Therapy is making waves with engaging monthly blogs and a brand-new podcast. Angela, alongside her co-host (and husband) Jose, delves into insightful conversations and shares personal experiences, providing listeners with valuable strategies for managing mental health.



Adding another feather to her cap, Angela has been recognized by Customer Contact Women (CCW), an esteemed platform dedicated to supporting women in their careers. Angela is now an official collaborator with CCW and will be attending their conference in Nashville this October 2024 to share her expertise on Self-Compassion.

WITH GRATITUDE

A heartfelt shoutout is due to Angela's incredible support squad—her husband Jose, parents Maria and Abel, and dear friends Christina, Emily, and Meredith. Of course, none of this would have been possible without the boundless inspiration from her son Liam, whose bright spirit continually fuels Angela's passion.

As we wrap up, we want to extend our heartfelt thanks for being a part of the Heart of Amber Therapy community. Your support and engagement mean the world to us and inspire our ongoing commitment to your well-being.

Remember, whether you're seeking new strategies for mental wellness, exploring insightful content, or simply finding solace in shared experiences, we're here for you every step of the way. Stay connected, keep nurturing your mental health, and embrace the journey with a heart full of hope.

Don't forget to connect with us on LinkedIn and on Instagram @heartofambertherapy. You can also email us at contact@heartofambertherapy.com.

Until next time, take care and be well. We look forward to sharing more updates, stories, and resources with you soon!

Warmest regards,

The Heart of Amber Therapy Team

