



## Yvette Coronado-Mercer, LMFT Therapist

Parent of two with 15 years of counseling experience and a few more decades of life experience working with children, adolescents, couples and families. My expressive arts counseling background includes music, movement, sand tray, and art. I am a trauma informed provider. Further, my diversity and inclusion training has resulted in skillful interventions that are culturally competent and build rapport, trust and confidence. I have a non-judgmental, warm and caring personality that allows me to develop a therapeutic relationship quickly with even the most apprehensive child and family member.

A solution and strength focused communication style has been what I found to be most empowering and motivating to clients. Most importantly, I employ evidence-based practices that are important to have in fostering lasting growth and change. For example, feedback informed care is a way in which I have continued collaboration about one's needs and outcomes, which increases effectiveness and fit to everyone's unique life and family. I speak conversational Spanish.

I am passionate about:

- \* Creating your ideal life, body, career and relationships
- \* Joyful and Passionate Living
- \* Social Justice
- \* Peaceful Parenting
- \* Physical, Mental and Spiritual Liberation and Enlightenment
- \* Moving, Exercise and Dancing
- \* Eco Therapy and Taking Care of the Earth
- \* Positive body/self-image
- \* Healing, happiness and peace