

DEBRA SUTTON

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Would you like to stand up for yourself AND still be in relationship? Is the phrase, "I matter, too," one you want to believe?

Each person is a unique individual with inherent worth.

Over time, life challenges and experiences can wear away at our intrinsic value and affect us physically, socially, emotionally, and/or spiritually. We have a right to be whole in our brokenness. I offer individual, couple, and family therapy, as well as community education and training on a variety of topics including: sexuality-related issues, communication, and managing emotions in the workplace.

People who have worked with me have learned to create healthy boundaries in relationships, navigate responsibility for self, communicate effectively, and reduce anxiety and reactivity in stressful situations. Please call to set up a 15-minute, complimentary consultation because you matter, too.

SPECIALTY AREAS

- Sexuality and Spirituality: Women and Gender, LGBTQ, Intimacy, Trauma
- Life Transitions
- Conflict Management
- EMDR (Eye Movement Desensitization Therapy)

