



Jodi is known for her empathic and nurturing style of connecting with clients. She uses a directive approach while following her clients pace, with practical and empirically proven interventions.

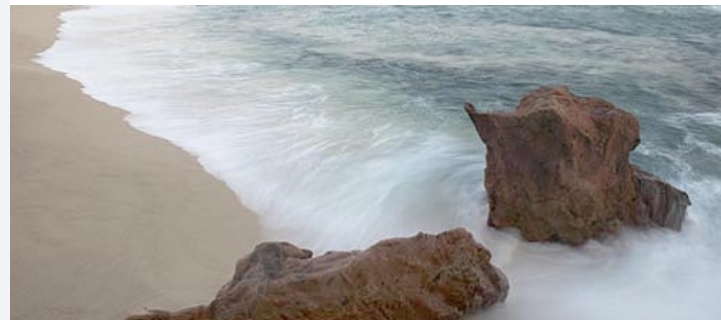
Jodi considers herself to be a community-based practitioner who believes in a holistic approach to both individual and community.

She believes lifestyle has a major impact on emotional well-being & general personal satisfaction and examines the effects of nutrition, sleep and activity on mood and behavior.



jodi klugman-rabb marin county, california

In addition to individual, couples and family counseling, Jodi will speak to your group, in-service training or team building seminar on topics ranging from healthy anger management to making lifestyle choices to suit your mental well-being.



Jodi Klugman-Rabb
Health - Wisdom - Growth



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Marriage and Family Therapist

Health

Anger Management & EMDR



Jodi is best known for her work with difficult situations including anger management, domestic violence and trauma. She teaches a healthy and reasonable approach to anger & emotional expression using custom created materials to provide concrete tools for change.

Since trauma and anger are often linked, Jodi may utilize her certification in EMDR as an adjunct therapy. EMDR is a highly successful treatment for any trauma, large or small, as well as phobias, depression and anxiety.

Wisdom

Couples, Families & Individuals

Jodi has built her practice around individual, couples and family therapy.

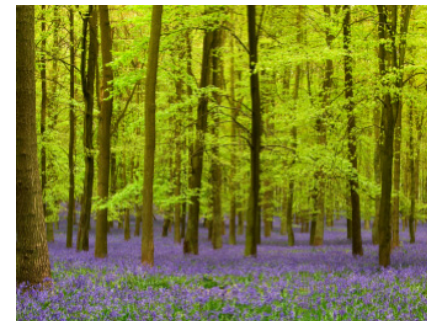
- She incorporates Gottman Method Couples Counseling - a research-based approach to helping couples get back on track with strong skills for a loving relationship.
- She uses Structural Family Therapy techniques to improve family functioning with healthier patterns of communication
- She innovated a new form of pre-marital counseling she terms *wedding coaching*; designed to address and resolve conflict experienced during the planning stages of a wedding, in a multi-generational format.



Growth

Parenting, Grief & Lifeskills

There are many opportunities in life to feel overwhelmed and have trouble adapting to normal developments. Grief and general life transitions such as job loss, serious illness, empty nesting and the influence of poor lifestyle choices are common examples. Jodi provides a safe and nurturing place to heal unresolved wounds and learn healthy coping skills for life.



Parenting is both the most rewarding and the most challenging experience one can have. Jodi draws on her extensive experience with families and youth to teach healthy communication, safe boundaries & limits, effective discipline and most importantly, nurturing the family bond. Whether your family includes small children or adolescents, Jodi can help you adjust your skills to achieve more acceptance and love.