

## Wedding Coaching

**W**edding coaching is a new concept developed by Jodi Klugman-Rabb to support committed couples blend their families throughout the course of planning a wedding, in order to facilitate good communication and relationships among family members thereafter.

“The big day” no longer consists of the anniversary date, but now encompasses the length of time leading up to the wedding. More frequently couples now experience this time as stressful due to unwelcome or harmful communication from family - possibly setting the tone for the beginning of the new marriage.

Joining families for the first time or blending stepfamilies can be a challenge and may benefit from communication skills and conflict resolution training. Jodi will work with committed couples to address unresolved issues from their family of origins, and bring in difficult family members when possible to establish healthy communication and boundaries.

Learn the tools for assertive communication that will help you and your families throughout your lives.

15-session package \$1650

25-session package \$2500



**Jodi Klugman-Rabb** is a licensed Marriage and Family Therapist with a private practice in Marin County. Using a combination of Family Systems, Cognitive-Behavioral and Attachment Theories Jodi blends a supportive and practical approach to therapy.

Jodi believes in working in collaboration with psychiatrists, probation officers and other treating clinicians to offer continuity of care to her clients. Whether in a family or individual modality, Jodi is able to connect with clients and promote safety and change.

Jodi enjoys speaking publicly about her field and makes regular presentations to local agencies and public forums on effective parenting and emotional health and violence in families. She has discussed the effects of unresolved anger and emotional coping with substance use on television and is a contributing author to a casebook on domestic violence.

**Jodi Klugman-Rabb, MFT**  
Psychotherapy  
Wedding Coach

1703 5th Ave. #202  
San Rafael, CA 94901  
415-652-7644 voice  
415-454-3218 facsimile  
jkrabb.com  
jodikrabb@gmail.com

# Psychotherapy & Anger Management Counseling

## *Grief and Loss Therapy*

**G**rief and loss occurs throughout the many stages of life. Most people have suffered the death of a loved one. However, these feelings can occur at other times such as after a job loss, separation, abuse or illness. Consistent support during this critical time is essential to accepting what has happened and moving forward with a sense of peace and purpose.

## *Life Transitions*

**T**hroughout our lives we experience good and bad change, of our choosing and that which is inevitable. Sudden independence, aging, a new-found diagnosis or disability can trigger unwanted emotions and behaviors helped through therapy.

## *EMDR*

**E**ye Movement Desensitization and Reprocessing is a successful and reliable tool to treat those suffering from Post Traumatic Stress, anxiety, grief and depression to name a few. Consider EMDR if you have suffered:

- ◆ Death of a loved one
- ◆ Serious illness
- ◆ Natural disaster
- ◆ Terrorism or violent crime
- ◆ Irrational phobias
- ◆ Debilitating depression/anger

The results from EMDR can be immediate and remarkable. Remission from symptoms can occur in most non-complex cases within 3-6 sessions.

*Please call for rates and availability*

## *Anger Management*

**F**or adults and families looking to get a handle on inappropriate or destructive anger Jodi offers insightful and practical anger management counseling. Jodi views anger as a normal and healthy emotion necessary as a change agent and teaches tools to identify triggers and unmet needs.

Assertive communication tools are learned to develop appropriate expressions of anger and increase responsibility for better work, social and family functioning. Treatment can be tailored to comply with specific legal requirements or standard treatment will be 10 weeks in length, one session per week.

Anger management is a specialty and deserves attention with a specialist.

## *Parenting Counseling*

### **Young Children**

**F**or parents with young children ages 5-10 who act out defiantly or who are withdrawn and lack a close bond with their parents, techniques based on Parent Child Interaction Therapy work best. PCIT focuses on creating a harmonious bond between parent and child so that discipline is experienced as structure and not always punishment. Parents will learn how to consistently reward their children for desired behaviors and how to effectively shape unwanted behaviors through “strategic attention” and consistency.

### **Adolescents & the Young Adult Child**

**A**dolescence is a time for normal exploration of the self and of new ideas. This requires us to “individualize” from our parents and can be the cause of many conflicts in the home.

The Parent Project™ curriculum relies heavily on recognition of positive behaviors also found in Parent Child Interaction Therapy and provides the necessary structure for adolescents who act out or who are self-destructive.

Families will learn how to listen to each other and experience a calmer sense of family and communication.

Parents will also learn how to ....

- ◆ Effectively “ground” kids
- ◆ Stop out-of-control and harmful behaviors
- ◆ Provide loving and consistent containment for unwanted behaviors in the future
- ◆ Never argue with kids again
- ◆ Prepare for confrontations so they go the right way
- ◆ Reconnect with kids while they become functioning adults
- ◆ Assess their own communication