

“Life is a process of becoming.” A. Nin

Sara Marley, LCSW

Psychotherapy for Women and Adolescent Girls

Counseling Center of Cherry Creek, 323 Detroit Street, Denver 80206

www.marleycounseling.com (map/directions available)
marleycounseling@gmail.com
(303) 903-7862

Therapeutic Approach:

My professional focus is providing research-based psychotherapy services to women, with an integrated approach including relational therapy, cognitive therapy, dialectical behavior therapy and mindfulness-based therapy.

I believe that life is a process of becoming. Increased awareness, self-acceptance and ultimately, empathy for ourselves can provide opportunities to heal old wounds and create new paths and transitions towards fulfillment.

I value a person-centered approach in counseling which involves meeting a client where she is and providing guidance through a change process, encouraging the discovery of voice, wisdom and knowing from within.

Strengths of my approach focus on these areas:

- **Depression and anxiety**
- **Life transitions**
- **Stress management**
- **Pregnancy and postpartum issues**
- **Relationship challenges**
- **Self-esteem**

About Me:

My fifteen years of experience as a social worker includes providing direct counseling services to individuals and groups, supervising clinical graduate students, as well as consulting organizations in the Denver area offering mental health services to women.

I am a licensed clinical social worker in the state of Colorado since 2001 and am a graduate of the University of Denver Graduate School of Social Work. Since 2004, I have worked as the Clinical Director of Project WISE, a local non-profit organization offering mental health services to women.

Fees:

The rate for my services is \$100 per fifty minutes for outpatient treatment. Please contact me directly for fees on LCSW clinical supervision or clinical consultation.

A sliding scale fee is available based on individual client need. I am a provider for some EAP and insurance companies, so please call or e-mail for further details.

If I am not a provider for a client's insurance, I will provide an invoice to clients if requested, so that an "out of network" claim can be submitted with their insurance. Therapy services are also payable through health savings accounts and flex Spending accounts.