

As a counselor, guide, Havening and Dialectic Behavioral practitioner, I possess a diverse range of qualities that make me highly effective in my profession. I create an environment for change and growth, inspiring my clients to achieve an amazing life. My passion for helping others is evident through my ability to listen, empathize, and provide personalized guidance towards achieving your goals. My training as a Havening practitioner allows me to use the power of touch to help individuals overcome trauma, anxiety, and other emotional issues. As a Dialectic Behavioral practitioner, I am skilled in teaching my clients new coping strategies, such as mindfulness and emotion regulation, to deal with difficult emotions. Overall, my qualities as a counselor, guide, Havening and Dialectic Behavioral practitioner make me an indispensable asset to anyone seeking guidance and support in their journey towards personal growth and fulfillment.



**Dr. Kathleen Arai**

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**Text for an Appointment!**

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