

Additional Services

Couples Counseling and Pre-marital Therapy

Grief & Loss, Life Transitions

Parenting skills for positive parenting and strong willed children

Training and In-services for Anger Management 101, First Aid for Parenting, Fighting Right for Couples and Simple Ways to Live with ADD

To schedule, book directly on www.jkrabb.com

Find valuable tools and suggested reading on Resources tab

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Therapy is an opportunity. Clients come into treatment usually to address a painful situation. Beside resolving pain, therapy also possesses the possibility to transform, bringing you from one stage of your life to the next, assimilating previous pain with new growth and understanding. I work with clients to change what they don't like and strengthen what they do.

I received my Masters Degree in 2001 from Dominican University in San Rafael and obtained licensure as a Marriage and Family Therapist in 2004. I structure therapy with clients in a multi-disciplinary manner to strengthen the emotional, spiritual and interpersonal elements of their lives. The core of my approach is rooted in Family Systems theory, whether treating individuals, couples or families, because it illuminates generations of behaviors culminating in one person.

Finally, my belief in treating the whole person includes examining the general lifestyle of each client. It is easy to take for granted the impact of sleep, nutrition, exercise and substances, yet they have enormous influence on happiness, coping and daily functioning. I incorporate nutritional health into the therapy in order to further support client's emotional well-being.

Jodi Klugman-Rabb, LMFT, LPC

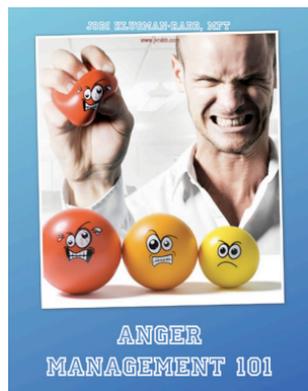
Improving feelings, thoughts and behavior



Individuals, Couples and Families
Psychotherapy

Feelings

Anger Management



Although anger management has become a cliché in the pop culture, it is a specialty deserving attention from a specialist. Anger management is a valuable opportunity to learn tools for effective communication, recognizing patterns of behavior and developing essential emotional management skills that strengthen relationships and quality of life.

I use a brief model of anger management appropriate for individuals, couples or families with practical and simple cognitive-behavioral techniques brought together in my Anger Management 101 Workbook. In this workbook, I have collected the most successful interventions from the past 30 years and incorporated tools on bullying, handling criticism, parenting with anger and improving overall lifestyle through nutrition, exercise and sleep.

Treatment begins with understanding that anger is a normal and healthy emotion. Then moves into how anger was used in your family of origin, connecting that to current patterns of behavior and identifying what needs you are trying to communicate.

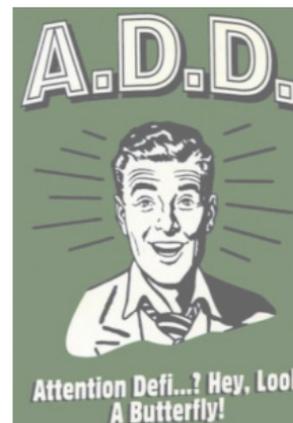
Thoughts

Attention Deficit Disorder

Attention Deficit Disorder is a neurological disorder of the brain's ability to organize information and perform tasks.

I approach ADD with a strength-based model practiced and published by Dr. Edward Hallowell. Through this approach, ADD is accepted and benefits of it strengthened with practical tools that involve building external structures, involving supportive resources like a coach and possibly medication or supplements.

As a certified Amen Method Professional, I work in conjunction with the San Francisco branch of The Amen Clinic to provide a holistic approach incorporating diagnostic testing using SPECT imaging, brain-directed nutraceutical supplements, and behavioral coaching to bring light to this often troublesome diagnosis. I also work with local psychiatrists to help support psychotropic medications and provide thorough continuum of care.



Behavior

EMDR & Trauma

Eye Movement Desensitization and Reprocessing (EMDR) is a highly effective and successful therapy in the treatment of traumas and cognitive distortion. Trauma encompasses any disturbing or deeply distressing event that is difficult to assimilate into our lives and can run the gamut of life experiences and related negative self-statements/distortions.



EMDR works through bilateral stimulation of the hemispheres to trigger the brain to process past experiences that have set the groundwork for pathology, the current situations that trigger dysfunctional emotions, beliefs and sensations, and the positive experience needed to enhance future adaptive behaviors and mental health. It is backed by countless case reports and controlled research and considered to be highly efficacious. EMDR is highly efficient as well, successful in a fraction of the time as traditional talk therapy.