

About Deborah Tucker

Deborah is a licensed marriage, family and child therapist. She has lived and practiced in Simi Valley for over 20 years. As owner of Families Counseling Center, she is privileged to work with several other therapists with many specialty areas.

Deborah enjoys working with many types of clients, and feels honored that so many of her former clients refer friends and family members, sometimes years after their own therapy experience.

Deborah has been married for over 30 years, and is the proud mother of two young adult sons. She is a member of St. Rose of Lima parish in Simi, and has often given talks at many local churches and schools on topics related to family life, personal growth, and emotional health.

Currently, Deborah's practice is focused on three areas:

- Recovery from trauma, both old and recent
- Facilitating healthy changes in thoughts and behaviors
- Helping parents help their children

- If you are ready to make changes in your life
- If you have emotional wounds you would like to heal
- If you would like to improve your parenting, communication and relationship skills

Call or e-mail Deborah Tucker. She has worked with hundreds of individuals, couples and families during over twenty years of private practice.

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Deborah Tucker, M.A.

Licensed marriage, family and child therapist

- Making healthy changes
- Parenting issues
- Trauma recovery
- Clinical hypnotherapy

www.simi-therapy.com
www.abetterlifecoach.com

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Creating Healthy Changes

Therapy and coaching are two approaches to creating healthy changes in our lives. One complements the other.

Therapy or Coaching -- Which is Right for Me?

Clients often aren't sure whether they would benefit most from coaching or from therapy.

Generally, if we are experiencing symptoms that are affecting our functioning at home, work or other relationships, it is possible that therapy may be indicated.

If we are simply dissatisfied with our own progress in certain areas, but are generally functioning well, then coaching may be the answer.

The truth is, one often leads to the other, depending on where we are in our lives.

Deborah Tucker, MA, MFT is a licensed therapist, and also incorporates life coaching when requested. Please feel free to call or e-mail her with questions, and she will be able to help you decide which approach is best for you.

Hypnotherapy

Clinical hypnotherapy is a useful tool for teaching relaxation training and stress management, for assisting with chronic pain, anxiety and insomnia, and for changing habitual behaviors like smoking and phobias.

Many clinicians state that "all hypnosis is self-hypnosis", and there is a lot of truth to this. The therapist helps the client to relax deeply, and to focus in a different way on strengths and abilities that they may not realize they have. In this way, the client can create changes on a very deep level, and manage situations in ways that may have seemed difficult to access before.

Deborah is a member of the American Society of Clinical Hypnosis, and the Southern California Society of Clinical Hypnosis.

Parenting

If only children came with a manual! They don't, but the good news is that there are many skills that parents can learn to help their children through each stage of development, from toddlers to teens.

It takes a combination of nurturing and structure, and a flexible skill-set. Parents often see changes in family life after just a few sessions.

Trauma Recovery

When we have old wounds, or traumas, that are hurting us and others in our lives, therapy can help. Good therapy helps bring out and heal old issues that have simmered below the surface. Much as your physician looks for the physical source of symptoms that are affecting your health, therapy helps you find the emotional causes of problems that may be affecting you and your loved ones in many different ways.

Therapy can also help heal wounds that have been caused more recently. Events like auto accidents, violent crimes, personal injuries, or the death of a loved one can sometimes cause trauma that doesn't heal on its own. When that happens, therapy can be immensely beneficial, helping the mind and body to restore its own healing processes that have become "stuck".

There are many techniques that can help with trauma. Deborah is trained in the use of EMDR, an effective method that may be right for you. You can learn more about it at www.simi-therapy.com