*Welcome!*

I appreciate you taking a moment to read this welcome letter and I’m honored you chose me to support you on your journey towards wellbeing. I acknowledge the courage it takes for you to reach out for support and I firmly believe our work together can help you overcome difficult things that seem insurmountable.

I see that clients are able to make significant changes once they commit themselves to the transformative process of counseling and personal growth. Clients often say they gain a deeper awareness and understanding of themselves, their relationships, and their core values, and are finally able to shed self-limiting beliefs and old conditioning to build a more authentic life for themselves.

My counseling approach is very solution focused and eclectic, meaning I use a variety of evidence-based therapeutic tools to meet the needs of each client because one size doesn’t fit all! We will work together each step of the way until you feel you’ve found resolution and reached your therapy goals.

I really look forward to meeting you and working with you on this journey. Should you have any questions prior to your first appointment please feel comfortable reaching out.

Take care,

Brandy Torretta, M.S.

Registered Mental Health Counselor Intern