

# Buddhist-informed Psychotherapy

If you are seeking psychotherapy informed by Buddhist practice the following are licensed Dharma Heart Zen practitioners. They may also be able to refer you to other Buddhist informed psychotherapy in the community.

## **Chelsea True**

Chelsea True, MA, LMFT #144330, offers support in-person in Sebastopol and online throughout California. Her approach to therapy is informed by Buddhist Psychology and Liberation Psychologies, recognizing that personal struggles are often interconnected with systemic issues. She supports whole families impacted by stress, trauma, and injustice; women and teens navigating difficult transitions; and people of all ages and genders experiencing depression, anxiety, grief and loss.

<https://www.integrativetherapy.me/>

## **Diane Camurat**

The suffering that brings us to therapy serves as an opening to our true nature, and as a bridge to self-compassion. Whether we struggle in our relationships with others or with ourselves, our work, our spiritual life, our emotions, or the myriad other ways in which suffering can show up. I will assist you in recognizing the patterns and beliefs that undermine or limit the unfolding of your own unique, embodied, whole, and interconnected self. We will work together in a compassionate and collaborative environment, leaning on dreamwork, active imagination, and mindfulness practices.

1625 Terrace Way, Suite C

Santa Rosa, CA 95404

(707) 791-9018

<https://dianecamurat.com/>

## **Mary Ann Sacksteder**

I have a small private therapy practice, specializing in issues related to loss and grief, and in spiritual counseling. In order to support the therapeutic container, I do not meet with people who are active sangha members.

707-293-4372.