



FAMILY INDIVIDUAL
COUPLES
THERAPY ASSOCIATES

Areas of Expertise and Treatment

FIC Therapy Associates has experience and training in the treatment of the following conditions and/or issues:

Depression

Anxiety

Trauma

Sexual Abuse

Couples Counseling

Life Cycle transition issues

Parenting issues

LGBT Related issues

Attention-Hyperactivity Deficit Disorders

Autism Spectrum Disorders

Behavioral Concerns

Suicide ideation

Domestic Violence related issues

Child Development concerns

Eating Disorders

Therapeutic Modalities

FIC Therapy Associates' practices are informed by the following modalities of therapeutic interventions:

Systemic Therapy

Play Therapy

Motivational Interviewing

Nurtured Heart Approach

Narrative Therapy

Structural Therapy

Bowenian/ Intergenerational Therapy

Strategic Therapy

Cognitive Behavioral Therapy (CBT)

Feminist Therapy

Cultural Context Model

Solution Focused Therapy

Applied Behavioral Analysis

Gottman Method



Ohlaysha and Denise are licensed marriage and family therapists with a combined 16+ years of expertise treating individuals, couples and families with integrity and care.

As Capella University graduates and with two years of postgraduate training, they've launched FIC Therapy Associates to meet the needs of all communities.

FIC is able to provide services in both

Spanish and Portuguese.

Give us a call and allow us to serve the youth and families under your care.



FIC Therapy

Associates provides

services for

youth and families

who are

English, Spanish

and Portuguese

speaking!

WE LOOK
FORWARD
TO WORKING
WITH YOU!

Mission Statement

Dedicated to helping each person,
couple or family find and or
create a space for healing.

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