INVEST IN YOURSELF - START HERE

Clinical Concerns of Focus:
- Adolescent/Teen Issues
- Adjustment Concerns
- Attention Deficit/Hyperactivity Disorder
- Anxiety
- Anger Management & Impulse Control
- Bariatric Pre-Surgery Assessment
- Bariatric Post-Surgery Treatment
- Body Image Issues
- Compulsive Spending
- Coparenting Issues
- Couples Therapy
- Depression
- Domestic Violence/Abuse
- Educational Concerns
- Employee Assistance Counseling (EAP)
- Family Issues
- Gay/Lesbian/Transgender Issues
- Grief/Bereavement
- Infidelity
- Infertility Counseling
- Life Coaching/Life Changes
- Marital Therapy
- Parent/Child Conflicts
- Pre-nuptial
- Parenting Support
- Self-Esteem/Self-Confidence Issues
- Sexual Abuse
- Soldier and Family Member Counseling
- Stress Management
- Veteran’s Counseling
- Women’s Issues
- Work/Life Stress/Transitions

Our Services:
- Individual Counseling
- Family Counseling
- Marital/Couples Counseling
- Co-parent Counseling
- Reunification Counseling
- Supervised Visits
- Immigration Evaluations
- Anger Management
- Infertility Counseling
- Home Inspections Custody
- Home Studies Custody
- Supervision LCSW or MHC
- Private Practice Consulting

Kathleen Coughlin, LCSW
Welcome to Ocean Vista Counseling, my name is Kathleen Coughlin, I am the Clinical Director and one of the Licensed Counselors in our group counseling practice. I view counseling as a collaborative process where the therapist and client work together to help you increase self-understanding, learn more effective ways to cope with difficult feelings and situations, then explore and change life patterns to lead a happier, healthier life.