

# Iesha Guyot



AMFT #142331

I am a compassionate and client-centered therapist with extensive experience working with LGBTQIA+ teens, young adults and families. With a strong emphasis on building therapeutic rapport, I foster a safe and supportive environment where clients feel empowered to explore their identities, challenges, and goals. Drawing from a range of therapeutic approaches, I specialize in narrative therapy but I am flexible and adaptable to the unique needs of each client, offering a variety of treatment modalities as appropriate. My clinical expertise includes working with clients facing a range of diagnoses, including depression, anxiety, bipolar disorder, schizoaffective disorder, and PTSD. Committed to providing culturally competent care, I work collaboratively with clients to develop individualized treatment plans that honor their experiences, strengths, and aspirations. Through empathetic listening, skillful interventions, and a focus on resilience, I help clients navigate life transitions, emotional struggles, and mental health challenges in a supportive and nonjudgmental space.

Supervised by: Vanessa Mullen LMFT #125278