

La'Trina Williams



AMFT #151088

La' Trina she is committed to taking a client centered and collaborative approach to assist individuals, couples, teens and adults with the healing and growth processes needed to support people navigating their personal and relational challenges. She is particularly passionate about creating a safe, compassionate and non-judgmental space that fosters holistic growth and improved emotional wellness. In her work, La' Trina has experience assisting with anxiety, depression, grief, crisis intervention, relational conflict, stress management, trauma processing, identifying intergenerational challenges, suicidal ideation, personal development, and other mental health challenges. La' Trina is honored to offer support and walk alongside you throughout your healing journey.

Supervised by: Guilda Morales LMFT #133639