

Carla Friend, LMFT
Individual, Conjoint & Family Therapy
Child Custody Recommending Counseling
Confidential Mediation
(916) 290-3556

Subject Fluency:

High Conflict Custody Cases	Mediation Prep
Family Systems	Children and Divorce
Blended Families	Parenting
Step-parenting	Co Parent Counseling
Conflict Resolution	Child Therapy
Parenting Adolescents and Teens	Divorce Healing and Recovery
Adult Therapy	Parenting Challenges
Adolescent Development	Parent/Child Contact Problems
Family Therapy	Boundary Development
Life Transition	Personal Growth and Awareness
Reunification Counseling	Confidential Mediation
Special Education in School Setting	Deaf and Hard of Hearing population
Parent Coaching	
Private Child Custody Recommending Counseling (CCRC)	
3111 Child Custody Evaluations	

Professional Bio:

Carla Friend is a licensed Marriage and Family Therapist who provides professional therapy with a personal touch. She provides a safe and supportive environment that allows her clients to see themselves through a different lens. She aims to focus on what her clients can change and not on what is out of their control. She understands that therapy is not a one size fits all. Her therapeutic approach is practical, strength based, and solution focused.

She earned both her M.A. in Counseling Psychology and her B.A. in Psychology from National University and has been working in the field of psychology since 2013. Prior to that she was fortunate enough to spend nine years working alongside children with special needs in the public school system. Her work with the deaf and hard of hearing community, children with special needs and their families ignited a passion in helping children progress in all areas of their development. It was during that time she realized how much she loved working with children and their families.

Carla has provided counseling in a wide variety of settings including non profit agencies, school districts and private practice. Her specialty is helping individuals, adolescence, teens, and families work through difficult times such as separation and divorce, newly blending families, building self-esteem, anxiety, effective communication, setting healthy boundaries, and navigating through parenting challenges. Her continued interest in working with families who are struggling with separation and divorce has resulted in her expanding her education and private practice to include co-parenting, private mediation, reunification therapy, Child Custody Recommending Counseling and Child Custody Evaluations.

Special Areas of Interest and Expertise

Children, adolescence and teens (navigating social and emotional issues during divorce)
Coparenting and Parallel Parenting
Healthy Boundaries (setting and holding)
Children (ages 9 and up), Adolescents and Teens
Parenting through divorce and beyond
Post divorce therapy

Please note the following are not currently in my practice:

3111 and 3118 Evaluations
Addiction