

LORI M. DOWNING LMFT

3445 N. Studebaker Road, Long Beach, Ca. 90808 | 562-706-1051 | asafeplace2b@gmail.com

Welcome to Lori M. Downing, LMFT Psychotherapy & Counseling Services!

I want to congratulate you for taking a courageous first step towards healing and wholeness. As your therapist, I am passionate about and dedicated to helping you work through personal struggles, and experience hope and change. This process towards healing and wholeness takes hard work and a strong commitment; however, it can move you towards a healthier, more fulfilling authentic life. I meet you where you are, and I am with you every step of the way. I truly believe the relationship between the therapist and the client is one of the most important aspects of successful therapy. And connecting with my clients is my greatest asset. I realize that the investment of your time, energy and resources is valuable. I want you to know I am committed to this process and grateful that you have chosen my counseling practice for this important work.

Before your first appointment, please carefully read the practice policies and complete the following paperwork, which I will provide you based on your individual needs.

- Informed Consent/Intake Information
- In-person Informed Consent (Covid) or
- Teletherapy Informed Consent

It's important that you complete and return the forms back to me at least two days prior to your first scheduled appointment. If I do not receive them back in time, this may result in the postponement of your scheduled appointment. I am happy to answer any questions you may have before we begin our initial session.

I take an integrative approach to my work and utilize various modalities and techniques that help you to gain understanding and insight into yourself, your relationships and your life's challenges. Fundamentally, I take a psychodynamic/person-centered approach to explore how your past and your family of origin have shaped who you are today. Holding the belief that clients are the real experts of their own lives, I endeavor to come alongside you as a guide. I see the therapeutic process being similar to working a puzzle. Clients provide the pieces that compose their lives; my role is to work collaboratively with you to integrate all the of those puzzle pieces together to into one complete whole or true self.

My Long Beach office is at The Branch Church. It is on the second floor and accessible by stairs only. You may park in the large parking lot south of the main church sanctuary/building. Then proceed through the breezeway to the far staircase. My office is at the top of the stairs, room number 8 where there is a sign posted with my name. If my door is closed, please kindly take a seat and I will be with you shortly. Thanks again for choosing Lori M. Downing, LMFT. I look forward to meeting with you very soon.

Sincerely,

Lori M. Downing, LMFT (98569)
Psychotherapy & Counseling Services