

Radha Gaasbeek, EdS
Registered Marriage and Family Therapy Intern (RMFTI)

Hi, my name is Radha and I am grateful that you are *here*.

Before we delve into my credentials and clinical experience, I would love to share with you a bit about me. As a person, my core values include: cultivating a life of compassion (offered to myself and others), intentionally engaging in what I do with a wholehearted spirit of service, learning to allow space for grace, and interacting from a place of genuineness, integrity, and humility. I strive to move through life as a practice, choosing the path of continued learning, healing, and growth in all that I do.

Clinically speaking, I am a strengths-based, developmentally oriented, trauma-informed, relational counselor. I received my masters degree from the University of Florida in Counselor Education along with a specialist degree in Marriage, Couples, and Family Therapy. During this time I had the privilege of working with couples, families, and individuals, honoring a diverse range of identities and belief systems within the field of addictions. I worked collaboratively with clients, healing from trauma of all varieties, to support them in their recovery.

Many of us can often go through life simply reacting to stimuli (e.g., other people, challenging situations, everyday irritations, etc.) without much awareness as to why or a sense of control over how. As we grow, develop our identities, and begin to establish intimate relationships and families of our own, we start to notice (or those in our lives notice for us!) the ways in which we are wired to react, to cope, to feel safe, or to survive. This might look like having angry outbursts or shutting down, blaming others or spiraling into self-loathing or shame, controlling others and/or neglecting our own needs, feeling stuck in depression or anxiety or avoiding the issue altogether and potentially leaning excessively on substances or behaviors for relief, and everything in between. There may come a point when we start to ask ourselves, “Why am I like this? When did this first start for me? How do I even begin to change?” That is where as a counselor, guide, and fellow traveler, I can be of best support.

My counseling philosophy is deeply humanistic and I have been told by clients that they experience me as warm, empathic, kind, affirming, good humored, and able to challenge them gently. Working through a lens of developmental psychology, I primarily integrate healing modalities rooted in Attachment theory, Structural Family Therapy, and Internal Family Systems Therapy. Other therapeutic orientations I draw from include Emotionally-Focused Couples Therapy, Gottman Couples Counseling, Dialectical Behavioral Therapy, Mindfulness-based Cognitive Behavioral Therapy, Narrative Therapy, and the 12-Step Model of Recovery. My aim is to empower couples, families, and individuals to begin to move

through their layers of conditioning, heal their relationships with themselves and their loved ones, and begin to live life with a greater sense of choice, awareness, emotional security, and agency.

If this speaks to you, I would love to schedule a (free) 15-minute phone consultation to see if we would be a good fit.

[For More Information](#)

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