

West Coast Counseling Center

Envision the Possibilities



West Coast Counseling Center

is excited to have

Marlee Simon,

Board Certified Music Therapist, join our team.

Marlee utilizes music and journal therapy to help individuals, family, couples and groups. She is a passionate advocate for the healing power of music.

Music Therapy is the universal language. Music speaks what cannot be expressed; soothes the mind and gives it rest. Heals the heart and makes it whole; flows from the Universe to the Soul.

– Unknown

Music therapy:

- Addresses emotional, cognitive, physical and social well-being through unique means of interventions. Issues may include; relationship and personal growth, anger, anxiety, depression, Alzheimer's, trauma related to illness and injuries and stress.
- Uses verbal and non-verbal self-expression which is accessed through song writing, lyric analysis and discussion, instrumental improvisation, music and meditation; determined by a client's preferences, circumstances and needs.
- Evokes feelings, helps induce emotional and mood changes while developing a sense of control through successful experiences, problem solving skills and conflict resolution.
- Is a fun, non-invasive, motivating, relatable and effective treatment modality for individuals, families, couples and groups to express themselves and learn transferable skills, enhance belonging and heal through music.
- Benefits children, adolescents, adults, and seniors with mental health needs, developmental and learning disabilities, health, substance abuse, trauma, brain or chronic pain issues.
- Enhances individual therapy

No music background or skill is necessary to receive full benefits from Music Therapy.

Journal Therapy

- The act of writing thoughts and feelings down helps to achieve clarity, find your buried truth, and develop insight while increasing awareness, decision making tools and developing a supportive and compassionate self-care plan.
- Verbal and nonverbal communication promotes change through a creative process of journal writing.
- 12-week sessions including photo journaling, letter writing, intention setting and resolution planning, learn novel techniques to express vulnerability, forgiveness, while finding self-worth, sense of accomplishment and serenity.

Jody Frank, LCSW, DCSW, CAS

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Call for free group consultation. All groups are 90 minutes/\$70.

Find more information on our Women's, Men's, Young Adult and Coed groups and other services at www.wcccla.com / info@wcccla.com.