



REAL LIFE RESULTS

"My therapist is very intelligent, highly trained, patient, knowledgeable, caring and compassionate. [She helped me resolve major issues that had been bothering me and recurring for years ...](#) I now love myself and feel much better.

– Michelle M.W.

"[She helped our family through a very difficult period with our adolescent daughter and gave us some 'one-liners'](#) that every parent should have in their arsenal. We've created a safer, more loving environment for our daughter, and a happier marriage and home for ourselves."

– Dinora R.

"[Working with \[my therapist\] has honestly been one of the best decisions I have made.](#) The tangible results of our time and effort in therapy are evident in the overall happiness I feel each day."

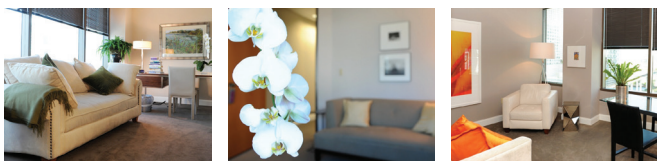
– Michael C.

"[I am down to a 5 mg. dose of blood pressure medication](#) and have continued to lose and maintain my weight."

– Sean T.S.

LOTUS COUNSELING CENTER

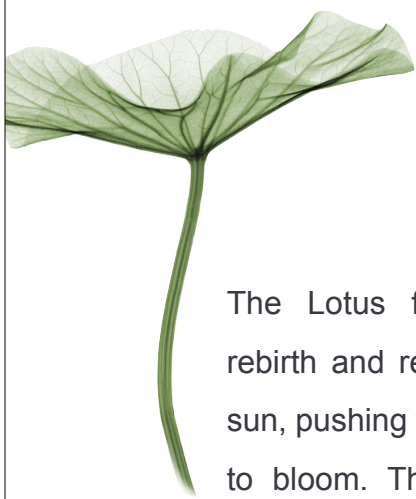
1428 Brickell Ave • Suite 403 • Miami, FL 33131
2999 Ne 191st Street • Suite 709F • Aventura, FL 33180
(305) 915-5748 • www.lotuscounseling.com



Call (305) 915-5748 to Schedule a Free Ten Minute Consultation



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305-915-5748



The Lotus flower represents resiliency, rebirth and renewal. It grows far from the sun, pushing through layers of mud in order to bloom. Throughout their lives, people often face obstacles that challenge their growth. [Lotus Counseling Center](#) can help you attain the hope, joy and happiness that life offers.

PARTNERS IN YOUR PROGRESS

[Lotus Counseling Center](#) is home to a staff of highly trained, skilled and compassionate psychologists, psychotherapists and psychiatrists who provide a warm, safe, and nurturing environment that supports positive change and personal growth. Our therapists combine uniquely tailored approaches with clear, supportive feedback to help our clients find their way on the road to resolving challenges.

We offer a full range of counseling services for individuals, couples, families and groups to enhance mental, emotional, physical and spiritual well-being and to realize personal goals. We also provide the latest psychological, psychoeducational and career testing services to help identify the most likely strategies that will result in your success.



START WITH A PLAN

Whether you are in a crisis, enduring overwhelming emotions, or simply longing for more happiness and fulfillment, your daily life will improve with psychotherapy. The experience of therapy can support you as you work towards becoming more effective and happier in many aspects of your life – and it doesn't have to take forever.

Starting with where you are right now, [Lotus Counseling](#) therapists help you focus on identifying results and creating a plan to achieve them.

MAKE POSITIVE CHANGES

[Lotus Counseling](#) can help you:

- Solve specific problems
- Manage intense emotional challenges
- Dissolve anxiety and/or depression
- Create an open dialogue between couples
- Address marital issues
- Reconcile adolescent behavioral problems
- Treat addictions, ADD/ADHD
- Improve communication and enhance personal and professional relationships
- Maximize your work performance
- Realize lifelong goals
- Improve physical and mental health

CHANGE IS POSSIBLE...