

About Me

Emilia is a dedicated and compassionate therapist specializing in trauma treatment. Utilizing Eye Movement Desensitization and Reprocessing (EMDR) therapy, she integrates a holistic approach that encompasses attachment theory, developmental psychology, polyvagal theory, and social justice perspectives. As a first-generation Latina, she brings a deep understanding of the unique challenges faced by BIPOC communities.

She offers individual counseling for children, teens, and adults, creating a safe and supportive environment for clients to heal and thrive. Additionally, she provides couples therapy, utilizing the renowned Gottman Method and attachment-based strategies to help partners build stronger, more resilient relationships.

Her practice is grounded in empathy, cultural sensitivity, and a commitment to empowering her clients on their journey toward wellness and growth.