



**Bettina Gensollen** is a bilingual (English/Spanish) psychotherapist who earned an M.S. Degree in Education, Mental Health Counseling, from the University of Miami and a B.A. Degree in Psychology at Johns Hopkins University in Baltimore. She has experience working with diverse client issues and populations including the chronically mentally ill, domestic violence survivors, and survivors of abuse and trauma.

Bettina uses a variety of modalities including cognitive behavioral therapy (CBT), behavior modification and hypnosis (medical hypnotherapy) to treat adjustment disorder, anxiety, depression, grief, PTSD, relationship issues and stress. She translates what she has learned from her own life experiences, struggles, and professional training to help clients explore and understand their sense of self, career, and relationship issues.

Bettina helps clients achieve personal potential and success by individualizing therapy to fit their specific needs, strengths and goals. She offers online coaching services via Skype for clients outside the Miami area.

Bettina can be reached at:

- 786.309.7336
- [bettina@bgmcounseling.com](mailto:bettina@bgmcounseling.com)
- [bgmcounseling.com](http://bgmcounseling.com)