

Welcome!

I am a Licensed and Marriage and Family Therapist in Texas and glad you are here to take care of you. This course is going to guide you on learning some effective tools you can implement daily to build up your self-esteem.

I hope you take the time to actually implement the tools as that is the only way to see results. Remember that this course is not a substitute for therapy, nor will therapy be provided. The information you find here will be the same information you will receive in counseling sessions. However, if you are interested in receiving some one-on-one online therapy, feel free to reach out at 210-706-0392.

Priscilla Rodriguez, M.S., LMFT



ABOUT ME

While my specialty has been to work with couples, I have found that a big block has been an individual's relationship with themselves and view of themselves. While I have worked with other individual clients, I have found this to be true.

This is why I wanted to create this course to help bridge the gap of loving yourself in order to accept love from others.