

Welcome to Brooklyn Marriage & Family Therapy

Brooklyn Marriage & Family Therapy is a private psychotherapy practice dedicated to helping clients bridge their relationship gaps by providing high quality counseling services to individuals, couples and families residing in metropolitan New York City.



Cheryl R. Donald, LMFT
Founder & Practice Director

As a psychotherapist and life coach, I view myself as a catalyst for change in our clients' lives. Our trained psychotherapists proactively utilize culturally sensitive, solution focused treatment modalities intended to develop and achieve your vision of an optimized quality of life.

Therapeutic Services

- Individual Counseling
- Couple Counseling
- Family Counseling
- Pre-marital Counseling

Conditions Treated

- Depression
- Anxiety and Panic
- Mood Disorders
- Trauma and PTSD
- Relationship & Marital Problems
- Sexuality Issues
- Personal Growth Challenges
- Child-Parent Problems
- Family of Origin Issues/Conflict
- Loss or Grief
- Self-esteem Challenges
- Chronic Pain or Illness

Additional Services

Personal Coaching: Private *one-on-one* coaching sessions to help identify and reach your personal, business, and/or career goals.

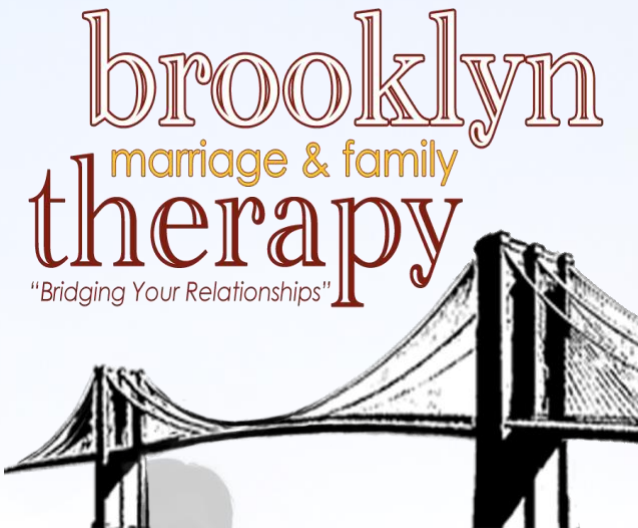
Workshops: Presentations on various social topics are available to meet the needs of your group or organization.

Consultation: Expert consultation on current events is available to organizations, visual, and print media.

Insurance

Brooklyn MFT is an out-of-network provider for all health insurance companies. This means payment is due at time of service and clients may seek reimbursement from their insurance.

It is our experience that most patients with out-of-network coverage for mental health care are reimbursed **60%** to **80%** of their session costs.



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