Teresa Richman
Clinical Social Work/Therapist, MSW, LCSW
She/Her/Hers
To make an appointment, call or text 530-433-9745

Specialties:
- Anxiety
- Depression
- Dual Diagnosis

I help people move through their lives with a greater sense of purpose, meaning, and joy. My clients are my partners, and together we develop treatment goals to target unwanted emotional and behavioral patterns. I often work with clients' prescribing doctors to offer continuity in patient care and thereby bolster medication-therapy outcomes. I follow the humanistic, client-centered model and offer a practice that integrates various clinical treatment theories. This work offers an emotionally safe space wherein, together, we embody and create your ability to heal from past traumas and more current wounds.

In my work, a wide variety of goals are achieved. I focus on how relating to trauma in a different way diminishes pain, low self-confidence, anxiety disorders, addictions, negative family relations, and interpersonal violence. I have witnessed resilience, hope, and healing. Even in the darkest of places, we can recapture wholeness one step at a time.

My office is located in a private, peaceful building with access to parking and public transportation. I attempt to answer every call, return calls the same day, and respond to texts between sessions. Being accessible to my clients, in-office or on-line in a HIPAA secure program, privacy, confidentiality are essential in accommodating differing client needs.