



therapy works  
*changing lives*

*better together*

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# therapy that *works*

Since 2009, we've offered modern mental healthcare and comprehensive counseling services to children, teens and adults in our local communities through three convenient locations in Los Gatos, Capitola and Scotts Valley.

**Our Mission** is simple—helping people. At TherapyWorks, we're on a mission to help people when it matters most - because when you feel better, you live better.

**Our Vision** is to be the most trusted mental healthcare professionals in every community we support.



## practice *timeline*

### **Maalicia Wilbur**

Licensed Marriage & Family Therapist, Founder & CEO of TherapyWorks

- 2009: TherapyWorks was founded and opened my first office in Los Gatos
- 2012: Hired my very first two employees
- 2016: Expanded to open an office in Santa Cruz
- 2019: Opened office in Scotts Valley
- 2022: Moved the Santa Cruz office to Capitola
- 2024: Celebrating 15 years of TherapyWork

My goal with TherapyWorks was to create a practice that would have a lasting impact by serving the community. I knew I couldn't do it alone.

Over the years, I have been honored to lead our growing team. It's a role that I take very seriously. It is this responsibility that continues to drive my motivation to do better and be better every day.



# our offices

## los gatos

TherapyWorks of Los Gatos is conveniently located in the heart of Silicon Valley serving Los Gatos, Saratoga, Campbell, San Jose and the local surrounding Santa Clara communities.



## scotts valley

TherapyWorks of Scotts Valley is easily accessible off Highway 17 and conveniently located near Vine Hill Elementary School, Scotts Valley High School and the beautiful 1440 Campus.



## capitola

TherapyWorks of Capitola has a prime mid-county location serving Capitola, Aptos, Soquel and the surrounding communities of Santa Cruz County.



# our core values

01

### Confident Care

Trusted care you can count on. *Expect practical support and proven expertise.*

02

### Professional Excellence

Committed to best practices and real results. *Dedicated to exceeding expectations.*

03

### People Focused

Inclusion of all people matters. *Therapy is for everyone.*

04

### Purpose Driven

Help starts here. *Because we all need a little support sometimes.*

05

### Ever Growing

Forward-thinking and open minded to opportunity. *Always live and learn.*

06

### Community Minded

Everything we do is in support of our community. *We are better together.*

07

### Celebrate Success

We celebrate progress, big and small. *Your success is our success.*

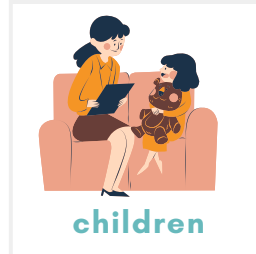
Our CARES Model is a proven process designed for real results. Perfected by professional expertise and personal experience, this trusted approach provides a simple strategy to help people when it matters most - because when you feel better, you live better.



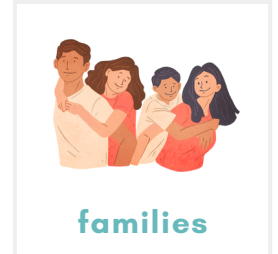
## who we help

As a full-service therapy practice, we help with day-to-day challenges as well as life's unexpected transitions, and other common circumstance impacting one's personal life, relationships or career.

Our team specializes in a variety of therapeutic approaches and has a wide range of specializations and advanced training.



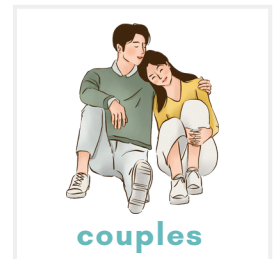
children



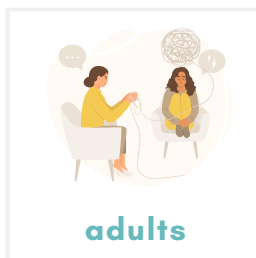
families



teens



couples



adults





# conditions we *treat*

- Anxiety
- Depression
- Stress
- Trauma
- Grief and loss
- Addiction
- Neurodiversity

- Maternal mental health
- Relationship issues
- Family conflict
- Life transitions
- Suicidal thoughts, behaviors or attempts
- Eating disorders, body image
  
- AND MORE

# *therapeutic approaches* used

- Cognitive Behavior Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Solution Focused Therapy
- Trauma-Informed Treatment
- Motivational Interviewing
- Mindfulness
- Positive Psychology
- Somatic Care

- Play Therapy
- Art Therapy
- Positive Discipline/Positive Parenting
- Integrative Therapy
- Child Parent Psychotherapy
- Psychodynamic
- Narrative Therapy
- Internal Family Systems (IFS)
- EMDR

# services we offer

01 *in-person therapy*

04 *parenting support*

02 *virtual therapy*

05 *community outreach*

03 *couples & family sessions*



## how to refer clients

To best accommodate clients' scheduling needs, we have therapists readily available Monday through Sunday, with convenient morning, evenings and weekend availability. In-person and telehealth appointments are available.

Our informative Client Care Coordinator will gladly assist you and answer any questions you or your referral may have along the way.



**Michelle, Client Care Coordinator**  
Available to answer any questions & help clients find their best fit therapist.

# OUR *process*

## *connect*

Call or email and our Client Care Coordinator will match you with the right therapist and schedule your first appointment.

## *get help*

Meet your therapist, share your story, and make sense of what's going on.

## *live better*

Experience meaningful change and real results to help you feel better and live better.

# *thank you*



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[@mytherapyworks](https://www.instagram.com/mytherapyworks)

