

Facilitating Hope, Healing and Fulfillment



Emily Thomas is a Licensed Clinical Social Worker (LCSW). She earned her Bachelor's Degree from University of California (UC), Santa Cruz in Community Studies. She then completed a Master's Degree in Clinical Social Work from California State University (CSU), San Bernardino.

Emily grew up knowing she'd be a counselor or therapist of some sort. She was even a conflict manager/peer counselor beginning in middle school! Emily has enjoyed pursuing this dream and has made a big impact on the lives of many along the way.

Emily's passion is helping individuals and couples navigate the complexities of their relationships. Emily has experience providing individual counseling, relationship counseling, sex therapy, divorce recovery therapy, trauma counseling, affair/betrayal recovery therapy, and other issues related to marriage and couples. Emily has training in Emotion Focused Therapy (EFT – Sue Johnson), The Gottman Method (John & Julie Gottman), as well as The Renew System for Couples. Emily also has experience treating depression, anxiety, addiction, and a variety of mood and personality disorders.

Emily has worked in the mental health industry in a variety of settings, including the mental health department of a county jail, a psychiatric hospital, a medical hospital in the NICU, a dialysis unit, and in various settings with children struggling with trauma and/or disabilities. Emily has most recently worked in outpatient settings supporting local individuals, families, and couples in the community.

Emily has been described as genuine, empathetic, direct, and kind. Her therapeutic focus is always on her clients' goals and Emily works hard to support those she serves. She is easy to talk to and connect with and enjoys supporting others in a manner that brings them joy and happiness.

In her spare time, Emily is often spending time with her 3 children and husband, running, pelotoning, and experiencing nature. She enjoys eating a variety of food, taking trips, watching movies, and reading books. She also enjoys being in or around water whenever possible.

What People Are Saying:

"Emily helped my husband and I communicate effectively and really hear each other. She was not biased towards either one of us and provided us with useful tools we could implement on a daily basis. She is also really warm and welcoming. We didn't feel judged at any point."

"Emily is fantastic to work with! She's warm, empathetic and responsive. Emily is a great communicator and a very good listener. She is organized, calm and gives you her full attention. Emily is amazing!"