

Testimonial #3

Seeing Paulita

When I first started seeing Paulita, I felt lost, alone, and depressed. With her kind heart and open ears, Paulita welcomed me into her practice. She helped me to feel at ease and at home. I believe that a lot of it had to do with her background. Finally I felt that someone could understand where I was coming from. Paulita brought to our sessions a deep-rooted understanding of the pressures that accompany being raised as the eldest child in a Filipino family. As we delved deeper into my childhood memories, she explained to me how some of the things I experienced were due to the fact that my grandparents were accustomed to certain behaviors which originated from the area in the Philippines they grew up in. I not only felt a sense of awareness but a sense of pride as well. By being able to understand more about my culture, I was able to better appreciate it. Paulita has really opened me up to areas of our culture that are not captured in a college course. My relationships with my Mom and other family members are healing nicely with Paulita's guidance. My life has greatly improved since I have started therapy with Paulita. I feel my self-esteem growing and my outlook on life growing more positive. This is very different from how I was raised where family drama was an everyday occurrence and feelings were not to be discussed. She has brought to my life a new-found outlook in which good communication is key to a successful relationship with anyone. I always look forward to our meetings.

Paulita is definitely special. She is a strong Filipina role model who emulates confidence and success. She has a heart of gold and always makes me feel safe. I don't like to think about what I would miss most about Paulita when she is gone because I hope to enjoy every moment that we have now. However if asked, I would definitely miss her warm smile, constant encouragement, and words of wisdom. I am forever grateful to have Paulita in my life. [By ARd]

August 1, 2012