



Anna Vestal, LMFT#108754
Marriage and Family Therapist
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- Couples Therapy

Helping partners reconnect, communicate, and rebuild trust.

- Pre Marital Counseling

Preparing couples for a strong, intentional marriage.

- Brainspotting

A focused, neuroscience informed approach for trauma and emotional blocks.

- Individual Therapy

Support through anxiety, stress, transitions, and relational challenges.

Faith Integrated Therapy (Optional)

For clients who desire it, I can incorporate Christian faith into the therapeutic process — blending spiritual insight with evidence based practice



Scan me!

