

Kathy Bearman, LCSW

Areas of Emphasis

- Women's issues
- Couples counseling
- Adolescent concerns
- Grief and loss issues
- Cancer and other medical concerns
- Depression and anxiety
- Gay/lesbian issues
- Stress management

About Me

I provide a warm, accepting environment where individuals, couples and groups can safely explore personal issues and life challenges.

A primary focus of my practice is to help individuals deal with issues of grief and loss. My experience as a bereavement group facilitator provides me with a base of knowledge in this area, allowing me to provide effective, gentle support for people as they navigate the path of their own personal grief experience. Another specialization includes cancer and care-giving issues.

I also work extensively with adolescent girls and women to address issues related to low self esteem, depression, anxiety, infertility, postpartum concerns, marital concerns and divorce.

My approach is to provide warm support and practical feedback, integrating both traditional and complementary approaches such as meditation, mindfulness and imagery. It is my goal to help clients access their strengths, connect to valuable inner resources, and achieve a greater sense of peace, clarity and balance in their lives.

[Email me](#) or call me at (314) 983-0070 to make an appointment.

Evening and weekend appointments are available for those who are unable to visit my office during normal business hours.

View a complete bio for Kathy Bearman, including testimonials from current and past clients.

Read what some of Kathy's clients say about her:

Kathy Bearman is a compassionate and skilled therapist who gently guides her clients to their own insights. Kathy integrates her background in Gestalt therapy and her gifts with Guided Visualization to create connections for the wholeness of her clients-through mind, body, spirit, and emotions. A session with Kathy includes her careful listening skills and astute observations. Kathy validates her clients by

crafting their statements back to them, and by asking 'just right' questions. Kathy's gifts in facilitating Guided Visualization add a truly unique dimension to her therapy practice. Through Guided Visualization and her soothing voice, Kathy assists her clients in accessing parts of their consciousness, and collecting images as if from a dream. These images create pictures and messages for clients to use in conjunction with talk therapy. The healing benefits are profound and abundant. Kathy taps into the human growth potential, one client at a time. –M

Kathy Bearman has been a wonderful therapist for me for many years. What's worked especially well for me is her ability to use visualization, dreamwork and gestalt kinds of techniques, but she's also good at a more traditional therapeutic approach. I wanted a therapist who could go beyond a purely cognitive style, and help me do more than just talk from the couch, and I found that in Kathy. The insight from the sessions with her has helped me a great deal. –V