

Contact Lisa: <https://lisadalemiller.com>

Lisa Dale Miller is licensed to practice psychotherapy in California (Licensed Marriage and Family Therapist (LMFT#43725 and Licensed Professional Clinical Counselor LPCC#691), Washington (LMFT#61254534), New York (LMFT#001283-1) and Oregon (LMFT#T1207)  
Lisa is also a Somatic Experiencing® Practitioner (SEP). Her office is in Silicon Valley.

*Develop mental clarity and profound insight into causes of suffering  
Heal current traumatic stress and past traumatic experiences  
Cultivate openheartedness and equanimity*

## ADULT PSYCHOTHERAPY

**Integrative Psychotherapy (IP)** is an embodied, skills-based, results-oriented approach which increases awareness, presence, insight, and compassion. IP offers skills for resolving chronic depressive-collapsed and anxious-hyperaroused mind-body states, which hinder progress in traditional talk therapy and cognitive behavioral therapies.

### **Choose a targeted or comprehensive treatment plan**

Depending upon the scope of your concerns, this psychotherapeutic approach can be individualized for maximum effectiveness.

### **Achieving sustained mental health requires a systems approach**

People often come into this treatment suffering with distorted anxious/depressive internal narratives and/or aversion to physical dis-ease (particularly chronic). Both maladies worsen the other. A distressed mind tightens and stresses the heart and body; a troubled heart increases mental and bodily pain.

### **IP helps us wisely attend to the complexity of suffering, so healing one form of distress positively impacts all other concerns**

Because there is no separation between mind, body and heart, thoughts and emotions can be trained to attend to and partner with the body's uniquely intelligent regulatory system rather than hindering it. This methodological difference is the main cause of IP's effectiveness.

## COUPLES COUNSELING

### **Most couples cite poor communication, lack of intimacy or infidelity as their main concerns**

Keeping love alive and healthy can seem unattainable when relationship distress exists alongside a demanding, exhausting work and family life.

### **My priority is to help stressed couples achieve a connected, skillful, emotionally-rich life**

At the heart of this work is the delivery of tools to master non-violent, lovingly honest, compassionate and mindful communication.

### **Early trauma and current adversities can undermine healthy relationships**

Early developmental trauma and disrupted emotional attachment styles can undermine successful relationships. IP and Somatic Experiencing™ can be a tremendously helpful complementary approaches in effective couples therapy particularly when restoring trust and safety are central to a couples success.

### **Couples sessions are 80 minutes**

50 minutes once a week simply isn't efficient. In this treatment model couples also commit to targeted skills practice between sessions, because home practice is the key to making real change happen.

## TRAUMA PSYCHOTHERAPY

**Somatic Experiencing® (SE) is an effective psychobiological method for resolving symptoms of trauma, chronic stress and pain**

SE™ is the life's work [Dr. Peter A. Levine](#), medical biophysicist and psychologist. This approach is a gentle, yet direct method for releasing traumatic shock and increasing one's window of tolerance; key elements of transforming PTSD and the psychophysical wounds of emotional and early developmental attachment trauma.

**The SE™ skills are easy to learn and self-apply**

The SE method helps us naturally experience where our physiology is "stuck" in fight, flight, freeze, and then resolve incomplete trauma responses and their co-occurring, distressful physiological states— *without strain or retraumatization*. It is excellent for resolving lingering effects of medical trauma.

**I am a certified Somatic Experiencing Practitioner (SEP)**

Having completed the three-year SE practitioner training in 2013, I continue to further my SE and Somatic Touch-based skills for trauma therapists in post-graduate trainings with Dr. Levine and [Kathy L Kain](#).

## CURRENT SESSION FEES

50-minute session \$225.00

80-minute session \$330.00

Lisa is an out-of-network provider for all health insurance plans

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