



Psychotherapy To Live Life Fully

Master Your Limiting Beliefs & Live Your Best Life



Dr. Jane Bolton
MFT34888

Caring
Respectful
Compassionate
15 Years Experience

Nurture Your Relationships

- Expand your experienced love
- Clarify your emotional needs
- Practice Assertive & Empathic Communication
- Get dating support

Tap your Real & Enormous Power

- Heal Victim, Submissive, People Pleasing patterns (ACA, Adult Children of Narcissists, and Co-dependency Patterns)
- Learn to use Vision & Intention Instead of Reactive Patterns

Create For Real-Self Esteem

- Learn to Face your Fears & Produce Anyway
- Live the Life You've Dreamed

Reclaim your Spiritual Connection

Call Dr. Jane Bolton, Psy.D. & M.F.T.

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Strength & Personal Value Oriented Psychodynamic Psychotherapy