

Zohara Taragin, LCSW

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Regardless of what you are dealing with, I believe in the potential to harness your inner resources to heal and grow. Connecting deeply with the right therapist can help you get to where you want to be. When you become more aware of what is going on consciously and unconsciously in your mind and body, you can be more effectual, less anxious and/or depressed, and have more energy and joy in your life. As I get to know you and we create a safe and meaningful relationship, we can make fundamental changes that will have a lasting effect

My skills come from significant training in: Relational psychoanalytic therapy, Trauma focused modalities informed by brain research (incl EMDR, IFS and other somatic interventions), Family systems, Couples therapy, Mindfulness and CBT (Cognitive behavioral therapy)

I use a contemporary psychodynamic-integrative approach with my clientele. This means that I integrate the most current theories about mind/body psychology to help you grow and heal. I offer a warm and safe space with compassionate care and listen deeply. We'll create an individualized plan that is just for you...

Davidovics Therapy Group | Marcy Davidovics, LCSW