Bonny Frescura, LMFT

Bonny is a Bilingual (Spanish) Licensed Associate Marriage and Family. Bonny specializes in anxiety, depression, domestic violence, co occurring disorders, and substance abuse, as well as behavioral issues for adults, adolescents and children.

Bonny focuses on CBT to address behavioral issues and also Emotional Focused Therapy to work with couples and families. Her goal is to make clients feel comfortable and at ease to be able to open up and work on their issues with confidence that they are being guided by a compassionate and trustworthy professional in different areas such as anxiety, depression, grief issues and trauma, among others. Bonny is fully Bilingual (Spanish) and is trained to conduct therapy in Spanish, so she will be able to address issues with you or members of your family that are not fluent in English.