



Rosalind Franklin

LMFT

Hi there, I'm Rosalind!

Starting therapy can feel like a big step, and I congratulate you on taking it. I work with young adults navigating life transitions, anxiety, depression, and trauma. My goal is to create a safe, supportive space where you can be yourself and grow at your own pace.

My approach

I use cognitive-behavioral therapy (CBT) to help you understand and shift unhelpful thought patterns. My approach is active and collaborative—together we'll explore challenges, practice new coping tools, and build confidence in managing life's ups and downs.

My client focus

I work with clients across diverse backgrounds who are managing anxiety, self-doubt, trauma, and life transitions. My approach is flexible and compassionate, meeting each individual where they are and helping them build resilience and lasting emotional balance.

My communication style

I strive to make therapy feel like a genuine dialogue. I offer feedback, ask reflective questions, and help you uncover insights along the way. My goal is for our sessions to feel collaborative and meaningful—like a space where you feel seen and heard.

How I help clients reach goals

Together, we'll identify and set goals that matter to you whether they focus on improving relationships or building self-esteem. Your goals may evolve as you gain new insights and we can adapt our plan at any time. I'm here to provide you with the support and tools you need to continue to move closer to where you want to be.

My journey to becoming a provider

My journey into therapy began with desire to help others find strength through life's hardest challenges. During my training, I had the opportunity to work with survivors of trauma. This experience showed me the powerful role therapy can play in recovery and I'm continually driven by the belief that everyone has the potential for positive growth.

My first session with clients

In our first session, we'll discuss what brings you to therapy and the goals you'd like to set. I'll explain what to expect from the process and answer any questions you have. This time is about understanding your needs and beginning a path that feels right for you.

Expertise

Specialties

Anxiety · Depression · Panic attacks · Mood disorders · Stress

Style

Collaborative · Exploratory · Outcome-oriented

Treatment approaches

Cognitive Behavioral Therapy · Life Transitions Therapy

Focus populations

LGBTQIA+ · BIPOC · Military and Veterans

Therapy types

Individual therapy · Couples therapy

Headshot

Your photo is the first thing clients notice, and it can set the tone for how they connect with you. A welcoming headshot has good lighting, a warm expression, and professional dress.

Bio

Clear, concise, and helps potential clients connect with both you and your practice by speaking directly to ideal clients and their needs. Aim to keep each section around 350 characters or less.

Introduction

Your elevator pitch, with an engaging opening line and a few sentences about your focus and approach.

Approach

Clearly describes treatment approach and values in simple, relatable terms.

Focus

Identifies ideal clients, speaks to their needs, and demonstrates how treatment will best support them.

Communication style

Describes communication style and tone of treatment, illustrated through examples.

Journey

Tells story of becoming a provider and continued motivation to treat clients.

Goals

Describes collaboration with clients to set meaningful goals and help them reach those goals.

First session

Explains the purpose and structure of a first session as well as reassures nervous clients.