

# Carl H. Shubs, Ph.d.

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CREATE THE LIFE YOU WANT. Your life's not working the way you'd like? Find out why and change it. Struggling with anxiety, depression, trauma, gay/lesbian/bisexual issues, addictions (substances or behaviors)? These are some of the special areas where I can help. RELATIONSHIP ISSUES Do you want to feel good about yourself, enjoy yourself, and have satisfying relationships with others? Wanting to stay together, but your marriage is rocky? Communication problems or behavior problems disrupting your relationship? Planning on breaking up or divorcing and wanting it to be less stressful? Difficulty dealing with ex-spouse/partner? WHAT STOPS YOU FROM HAVING THE LIFE YOU WANT? Do you want to feel good about yourself, enjoy yourself, and have satisfying relationships with others? Your life's not working the way you'd like? Find out why and change it. Discover what works, what doesn't, and why. Learn to change things so your life does work for you. CREATE THE LIFE YOU WANT. Depression Anxiety Addictions (Substances & Behaviors) Trauma/PTSD Relationships infidelities/affairs PSYCHOTHERAPY SERVICES OFFERED: Individual Therapy & Counseling Marriage, Couples, or Relationship Counseling Marriage/Relationship Dissolution Brief or Long-term Therapy PUBLICATIONS AND EXPERTISE See my new book, Traumatic Experiences of Normal Development, published by Routledge in March, 2020, On Amazon at [https://www.amazon.com/Traumatic-Experiences-Normal-Development-Intersubjective-dp-0367429187/dp/0367429187/ref=mt\\_paperback?\\_encoding=UTF8&me=&qid=158](https://www.amazon.com/Traumatic-Experiences-Normal-Development-Intersubjective-dp-0367429187/dp/0367429187/ref=mt_paperback?_encoding=UTF8&me=&qid=158)

2966509. It is about a new understanding of what trauma is, so we can be better prepared to deal with it. I have published in professional journals and written several books on a variety of issues, especially concerning relationships, self-esteem, and trauma. I have taught, trained and supervised mental health professionals. Let me put this expertise and experience to work for you. Website: [www.drcarlshubs.com](http://www.drcarlshubs.com) Email: [drshubs@drcarlshubs.com](mailto:drshubs@drcarlshubs.com) YOU SET THE COURSE, AND I'LL HELP YOU GET THERE

Gender: Male

Populations Served: Gay Men, Lesbians, Bisexuals, Non-Gay Men, Non-Gay Women,

Transgender, Gender Non-Conforming, Adults

Theoretical Orientations: Behavioral, Client Centered, Cognitive, Depth Psychology,

Experiential, Insight Oriented, LGBT-Affirmative Psychotherapy, Object Relations,

Psycho-Analytical, Psychodynamic, Other

Therapy Modes: Brief, Long Term, Individual Psychotherapy, Couples Therapy

Degrees: PhD

Academic Institute 1: California School of Professional Psychology, Los Angeles

Year Graduated 1: 1978

Academic Institute 2: United States International University

Year Graduated 2: 1982

License Number: PSY 8912

License State: California

Years in Practice: 30 +

Private Practice: Yes

Available for Emergency: Yes

Accept Interns: No

Insurance Accepted?: Yes

Fee Range: \$150 average

HMO's / PPO's Accepted: Aetna, Beech Street, APS Healthcare, First Health,

Interplan, Interface, Magellan, Preferred Mental Health Management (PMHM), \*

Please inquire about others.

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