



LA'S MOST INSPIRING STORIES

A TALE OF TWO FRIENDS

JOURNEY OF A LIFETIME

THE QUEST TO EMPOWER WOMEN

HOW LA FOODIES GET IN SHAPE

AUGUST 7, 2018

# Meet Kimberly Clapp of Quality of Life Counseling Center



VOYAGELA STAFF

f SHARE

TWEET

PIN



Today we'd like to introduce you to Kimberly Clapp.

## Kimberly, please share your story with us. How did you get to where you are today?

After volunteering as a Peer Counselor in high school I knew I wanted to study psychology. I attended Emmanuel College in Boston receiving a B.S. in Psychology. I went on to receive my M.S. degree in Psychology Rehabilitation Counseling from Cal State Los Angeles. After working in the counseling field for over 20 years I decided to pursue my dream of becoming a therapist. I completed my Masters in Clinical Psychology in 2006 and after completing my internships I was licensed in 2009. I spent most of my internship working at an art school with artists helping them to move through creative blocks.

In addition, I supervised teens at Teenline a peer to peer hotline located at Cedars Sinai Hospital. I have completed my fellowship at the UCLA Couples and Sex Therapy training program with Dr. Walter Brackelmanns MD through AACAST (The American Association of Couples and Sex Therapists). I completed my EMDR training at the Institute for Creative Mindfulness. This specific training focused on using mindfulness with trauma-focused care. In addition, I am a Certified Rehabilitation Counselor and have a Domestic Violence Certification. I am committed to helping others improve the quality of their lives including helping them uncover what a quality life would look like to them.

I have over 25 years of experience in mental health and over 10 years of experience as a therapist.

## Has it been a smooth road?

Leaving my secure job with benefits to pursue my dream was one of the scariest things I have done. I knew I was unhappy and wanted to help people by opening my private practice. Taking this leap into self-employment and running my own business has helped me to understand how hard it is to pursue a dream. Experiencing the joy, the heartache and the scary moments helps me to guide others. My life experience has taught me that anything is possible. I believe in change, I believe people can change and I believe people can have a life beyond their wildest dreams.

## We'd love to hear more about your business.

I am a licensed marriage and family therapist I specialize in treating trauma and anxiety. I work with individuals and couples. I offer a safe, supportive and non-judgmental space for people to explore issues that may be keeping them stuck. People find me to be compassionate and empathetic.

I am active and conversational, helping people to get clear about who they are, why they do what they do and what they want. I work with artists who are struggling with creative blocks. I am passionate about helping people improve the quality of their lives. Therapy is unique in that it is a place where you experience the highest level of care which is having someone truly listen and not reference back to self.

I work with I welcome all cultures, ethnicities, sexual orientations, and gender identities. I work with traditional and non-traditional couples.

## Any shoutouts? Who else deserves credit in this story – who has played a meaningful role?

Leaving my secure job to start my own business would have been impossible without a support group. I did not have any financial help which made the idea of starting my own business that much scarier, however, I had a lot of emotional support. I have what I try to help other people acquire a team of truth tellers. People in your life who tell you the truth with empathy.

My parents, my sister, my husband and my mentor. My mentor has been in my life for the last 13 years and she has started her own business as well. We practice mindfulness and have a lot of tools in the toolkit. She reminds me daily of what's important. Staying in the here and now is important when dealing with life's challenges. Humor is the best weapon against life on life's terms.

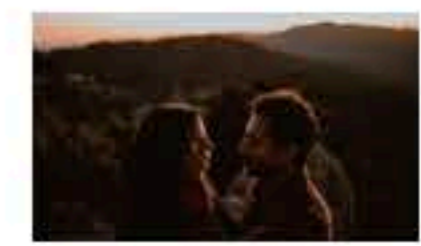
## Contact Info:

- **Address:** 3301 Ocean Park Blvd. Santa Monica CA 90405  
6535 Wilshire Los Angeles CA 90048
- **Website:** [www.kimberlyclapp.com](http://www.kimberlyclapp.com)
- **Phone:** 310-403-9180
- **Email:** [therapy@kimberlyclapp.com](mailto:therapy@kimberlyclapp.com)
- **Instagram:** [kimberlyclappmft](https://www.instagram.com/kimberlyclappmft)
- **Facebook:** [quality of Life Counseling Center](https://www.facebook.com/qualityoflifecounselingcenter)
- **Twitter:** [@therapistmft](https://twitter.com/therapistmft)

## POPULAR



THE LA ARTS & CULTURE WEEKLY REVIEW



AN ARTISTIC VOYAGE: EXPLORING LOCAL CREATIVE AND ARTISTIC WORKS



FLASHES & STROKES: A TALE OF TWO MEDIUMS



THE INFLUENCERS



#LACREATIVES: THE LOCAL ARTISTS WHO INSPIRE US



LA'S MOST INSPIRING STORIES