

Laura Sullivan, MFTI



The Hope Healing & Help Radio Program

June 18: Stifled Grief Is Not Relief

June 25: Therapeutic Activities for the Bereaved

Laura is a registered Marriage and Family Therapist Intern (IMF89099). She completed her Bachelor's Degree in Communication Studies with an emphasis in Conflict Resolution from California State University, Sacramento. Currently, she has a Master's degree in Marriage and Family Therapy from National University,

Sometimes life can be overwhelming and our inner strength can be lost or forgotten. If you have experienced trauma during your lifetime, you may feel as though your resources are limited. Laura's desire is to support you on your path to discover and embody internal and external resources that will bring you comfort and safety.

In addition, due to Laura's personal path in life, she is passionate about working with those that are struggling with overwhelming feelings of grief and loss. Loss can be experienced in many ways. It is Laura's desire to support those that are struggling in life. Together we can take a journey. "Turn your wounds into wisdom." – Oprah Winfrey

Laura currently is on staff at The Place Within in Folsom CA. She attends the mom's grief support group hosted by the Sacramento-Placer County Chapter of the Bereaved Parents of the USA. Laura is happily married to Ken Sullivan and is the mother of Kyle who died in 2011, and Zachary.