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**December 5th 2019: Face It, You Need Therapy**

If life sucks, and you're mad as hell, depressed as shit, or confused AF, and it's not getting any better, you may need some therapy. For pros who've been on the couch before, you know the drill, but for those who've never unloaded in front of a therapist, the next hour is for you. Guiding you through the process is Gottman Institute psychotherapist, and Clinical Trauma Professional, Jenny TeGrotenhuis.

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**Featured Guest**



**Jenny TeGrotenhuis**

Jenny TeGrotenhuis is a psychotherapist who blends wisdom with wit, and neuroscience with kind connection. As a Certified Gottman Therapist and Certified Clinical Trauma Professional, Jenny sees clients in her private practice, and helps people from all over the world by distance therapy.

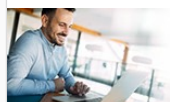
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