

# Seasoned Psychotherapist Max Karimbeik Helps People Overcome Their Mental Health Problems

*Max Karimbeik offers online counseling dedicated to supporting people in their journey to mental wellness*

MARINA DEL REY, CA, UNITED STATES, July 2, 2022 /EINPresswire.com/ -- The impact of the pandemic and current economic disruptions is putting a strain on people's mental health. Compared to previous years, more individuals are experiencing anxiety, depression, and even grief and trauma from losing a loved one. Max Karimbeik, an experienced psychotherapist, is offering his expertise online to help those struggling with mental health to overcome their core issues and live meaningful lives.



*"Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." — C.G. Jung*

Max's approach to therapy is focused on self-discovery and honest, non-judgmental discussions. According to him, only when one is completely honest with themselves will one be able to start their journey to healing. Often, people avoid going to therapy and counseling because they fear being judged. Many choose to brush over their internal struggles, delude themselves into thinking they're okay, and try to get on with their lives. However, repressing these emotions, especially during these difficult times, will intensify the feelings of negativity.

“

I am not what happened to me, I am what I choose to become.”

— Carl Gustav Jung

Max works closely with his clients to help them understand and process the conflicts affecting their mental wellbeing. They must be willing to share their

vulnerabilities to identify the root cause of their problem and take action.

Instead of offering a quick, cut-and-dry fix, Max equips his clients with the tools and techniques to make positive changes in their lives. His therapy solutions are designed to empower clients to take charge of their healing, instill self-compassion, break free from their limiting beliefs, and set goals for personal growth.

He shares valuable insights, wisdom, and relatable content to guide clients into a stable recovery. Max highlights the importance of focusing on the present while acknowledging the past and looking forward to the future.

Max works with people from all walks of life and utilizes various approaches to meet his clients' diverse and unique needs. Some of his methods include Art Therapy, Neuropsychology, Gestalt Learning, Somatic Therapy, Biopsychosocial Assessments, and Dialectical Behavior Therapy. He combines the suitable approaches to create a personalized plan aligned with the client's needs and goals and seamlessly integrates into their everyday life.

Through empathy, compassion, and honest communication, Max has helped hundreds of individuals overcome their mental struggles and develop the resilience to lead a happy and successful life.

He specializes in grief and loss therapy, trauma and PTSD counseling, and anxiety therapy. Max also offers counsel on divorce, post-partum depression, dissociative disorders, addiction and OCD. Services are provided via Telehealth for once-a-week sessions.



This is Max Karimbeik's personal logo



Sharing about importance of mental health

Connect with Max today. Learn more here at: <https://babakkarimbeik.tribesites.com>

## Media Contact

Company Name:

Babak Max Karimbeik, LMFT

Contact Person:

Max Karimbeik, LMFT

Email:

[max@mysticmax.com](mailto:max@mysticmax.com)

Phone:

1-310-751-0485

Country:

United States

Website:

<http://mysticmax.com/>

Babak Max Karimbeik, LMFT

Psychotherapy in Private Practice

+1 310-751-0485

[email us here](#)

Visit us on social media:

[Other](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/579447900>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2022 Newsmatics Inc. All Right Reserved.