

## Welcome to Next Steps Counseling for Women conveniently located in Newport Beach near the John Wayne airport

Building on over twenty-five years in mental health & leadership development for women, Dr. Ava Kate has helped Orange County women successfully understand and master the ways in which the many currents of their lives interact & affect their emotional health. A collaborative, strengths-based therapist, Dr. Ava focuses on helping clients explore & clarify their personal goals, recognize their strengths, regain a sense of control, & develop the tools to overcome any condition or adversity.



Ava, Kate Oleson is an Associate Marriage & Family Therapist #107607, supervised by Helene Micky Wilson, Ph.D., LMFT #49203



### Individual Counseling

Dr. Ava Kate specializes in providing therapy for women. What happens in your therapy session will be shaped by your particular needs - whether its space to explore whatever you are experiencing in the moment, or more structured sessions where a clear plan is in place and you know what is going to happen at every session.

### Groups

Growing in groups is not only powerful, it can also be fun. Group Therapy is where one or more therapists treat a small group of clients together as a group. Being part of a group with similar experiences helps us see what we are going through is not so uncommon & we're not alone.



### Workshops

Dr. Ava hosts energetic, impactful, interactive workshops - educational experiences designed to equip participants with tested, evidence-based skills, adding value to the quality of your life. Topic highlights are: time management & procrastination, mindfulness, resilience, anxiety & depression, improving productivity and results, relational health, and her popular "Vision Workshop."



### PreMarital Counseling

Studies suggest that couples who choose pre-marital counseling have lower divorce rates. Ava is a certified facilitator for the Prepare/Enrich® Assessment and provides a variety of options to fit your needs.

### Lunch & Learn

Turn lunch at work into an interactive, engaging, learning experience. Make efficient use of your time by incorporating professional development into your lunch. Dr. Ava will spice up your day with powerful tools and skills that will add value and increase productivity to you and your team.





## More Services

### Journaling: Pen, Paper,

### Power!

Did you know that journaling can accelerate your ability to manifest your goals and clear your emotions. This training explores the purposes of journaling & helps you discover the optimal method to serve as a tool of transformation for your life.



### Vision Board Training &

### Vision Workshop

Dr. Ava's popular *Vision Workshop* can be tailored to your needs & has tested, proven, repeatable results. In addition, workshops on how to create a *Vision Board* are fun, inspiring & also proven to produce results.

### Coaching

As a solution-focused, certified LifeMastery® Coach and Consultant, Dr. Ava helps you DEFINE, DESIGN, AND DECIDE on your dream. By applying the 12 principles of the Dreambuilder® approach and techniques, you will unearth long-standing dreams, strengths and purposes you were made for.

## Ava Kate Oleson, MS, DMin.

Dr. Ava earned a Master of Science degree in Marriage & Family Therapy from Fuller Seminary's Graduate School of Psychology & a Doctor of Leadership degree from Evangel University. Ava's doctoral work focused on the cognitive & behavioral competencies ensuring long-term sustained impact for professional females in the 21st century.

Dr. Ava has served as Associate Professor on the faculty at Vanguard University of Southern California, and at Evangel University, as well as other influential leadership roles, including The Center for Family Therapy in Orange, CA. Ava is a member of The California Association of Marriage & Family Therapists (CAMFT) and is a registered Marriage & Family Therapist Associate with the Board of Behavioral Sciences (BBS.)

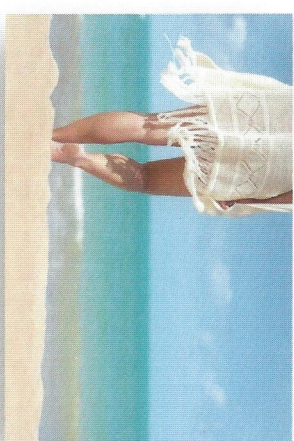
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# Next Steps Counseling for Women

Dr. Ava Kate Oleson

Marriage & Family Therapist Associate



"Vulnerability is the birthplace of innovation, creativity, and change." (Brene Brown)

[www.NextStepsCounselingforWomen.com](http://www.NextStepsCounselingforWomen.com)

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