

## about our mission

### Our Vision

Mytherapycouch.com is the cultivated brainchild of a group of dedicated mental health professionals who who share one vision: Create a therapeutic, virtual community of individuals with a focus on nurturing and compassionate guidance. We are dedicated to providing you with a secure and positive place to learn and grow from the comfort of your own home.

Every therapist contracted with the site is a fully licensed clinical or counseling psychologist with a minimum of 5 years of clinical experience in their home country.

**LEARN  
CONNECT  
GROW** Gain insight from professionals and peers.  
Via our custom forums and support groups.  
Through knowledge, experience, and compassion.

## website features

- Free community message forums.
- Issue-focused support groups guided by licensed healthcare professionals.
- Access to our direct 1 on 1 email consultation services.
- Quarterly newsletters and topical mental health articles.
- Free support groups for military members and veterans with professional input.



## military outreach

### Free Support Groups

Military members must deal with a variety of highly stressful situations on a daily basis which can lead to mental fatigue and post-traumatic stress disorder with depression, anxiety disorder, adjustment disorder and alcohol and substance abuse being some of the symptoms associated with PTSD. In an effort to give our troops an outlet, we've created a free professionally-guided online support group for active US Military Members as well as Veterans. These forums will be guided by the Founder of mytherapycouch.com, Jutta Morris.

Jutta is a licensed clinical psychotherapist in Florida and a counseling psychologist in South Africa with a wealth of experience working with people suffering from post-traumatic stress disorder.

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more  
visit:

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