

Carl Sayles, PsyD, LMFT

Psychotherapist



The Healing Place
9849 Fair Oaks Blvd.
Fair Oaks, CA 95628
916-961-2431
carlspsyd@healingplace.info
www.healingplace.info

- Licensed Marriage and Family Therapist (MFC34692)
- Clinical Member - California Association of Marriage and Family Therapists
- Clinical Member and Trainer - Satir Institute of the Pacific
- Director of Training - Satir Institute of the Sierra
- Clinical Supervisor group and individual
- Guest Lecturer - Sacramento State University
- Author of "Transformational Change - Based on the Model of Virginia Satir" Contemporary Family Therapy Volume 24, Number 1, March 2003.

Dr. Carl Sayles is a gentle, open individual who possesses the ability to touch the hearts of those ready and willing to accept one of the greatest challenges life holds--bringing about change. Drawing from over 10 years of experience in the mental health field, Dr. Sayles has worked with individuals, couples, families and children and lead therapy groups. He provides consultations and training for mental health professionals as well.

Dr. Sayles received his B.A. in Humanities from San Francisco State University, Masters in Divinity from Pacific Seminary, M.A. in Counseling Psychology from University of San Francisco, and Doctorate in Clinical Psychology from California Coast University.

An extensive background and understanding of the Satir Process Model guides Dr. Sayles as he works with people from all walks of life. The use of the Satir model allows him to lead his clients toward a deeper and more connected place, and to acknowledge, accept, love and forgive the hurts that continue to hurt.

Dr. Sayles' training includes: completion of the Advanced Training in the Satir Process Model, extended training in Gestalt Therapy with children and adults, and Interactive Guided Imagery. He is a trained "Trainer" of the Satir Process Model, providing educational opportunities for therapist, couples, and others to learn the Process model. He is a regular guest lecturer at Sacramento State University and several other organizations - presenting the Satir Process Model and its effectiveness in working with people of all ages, genders, ethnicity, religions, and socio-economic backgrounds.