

Introduction

Welcome. My name is Rebecca Milliken. I am a licensed professional, board-certified counselor in private practice in Washington DC. I work with individuals, couples and families to help deal with short term problems or to take a longer look at deeper issues that get in the way of living creatively and well. I believe that the best therapy is a result of a collaborative effort in which clients become empowered to constructively confront problems and find tools to engage in satisfying, life enhancing interpersonal relationships.

I am also a registered expressive arts therapist. Often, words are not enough to access feeling or gain understanding of core issues. I integrate use of different expressive arts techniques when they are needed to broaden the dialogue and facilitate healing and creativity.