

CARLA BLACK: THE THERAPIST WHO "HAS YOUR BACK"



In this Motion Picture and Television Industry—High Creatives from all over the world gather to express their art in the form of Motion Pictures and Television. Driven by Passion and Creative Instinct, we Make The “Magic” Hap-pen. When disruptive emotional forces enter our lives, we must have the “tools” to deal with them, so that we can continue to zoom forward. This, of course, can be found in the co-partnering with a skilled therapist who “Gets Us.”— one who uses tools to which we can attune, and maybe even have some fun along the way.

Enter Carla Black, MFT, MA, ATR, a stunning and compassionate psychotherapist whose passion for what she does is only equaled by her compassion for her clients. Employing the tools of Art Therapy (a special favorite of show biz folks, gratitude work, emotional support animal services (helping us link with our beloved pets—promoting emotional support) and the pivotal insights and tools which traditional therapy can give us—there is none finer. Her work in dramatically changing lives for the better, having been spot lighted by the New York Times, and the recognition as a Top Counseling & Mental Health facilitator in Marina Del Rey and receiving the Small Business Excellence Award for 2018, Carla Black leads the pack in sup-porting Emotional Wellness.

“Since grammar school, I have been fascinated by what made people do what they do,” relates Carla, “I was also extremely drawn to art. As I grew older, I would often read the Diagnostic and Statistical Manual of Mental Disorders in my spare time. Whenever possible I would take art, as well as psychology courses. I found art therapy to be a perfect melding of the two.”

I like to base my approach to clients on manifesting what they want I their lives, focusing on their strengths, as opposed to what they don't have. Having been a former 'Industryite' myself (costume designer) and a partner in a Movie Trailer Co.), I feel that I Truly understand 'Industry Issues.'

Art Therapy can reveal the true workings of the unconscious mind (for when you are making art—there is no editing), and in addition to revealing client's issues, the making of art is also incredibly healing. At the genesis of my career, I volunteered to do Healing Art Workshops for Women in a domestic violence shelter. Many times, these women left home with only the clothes on their backs. Just making a pair of earrings, or an art piece, would bring a smile to their otherwise sad countenances. I had a 20-year-old girl as a client—our first session made little progress. It was in the second session, when she made an art piece, that her issues came out, and we could then begin to move for-ward. In couples' therapy, creating an art piece together can reveal the inner most dynamics of the relationship.

My Fellowship at Cedars Sinai taught me so very much about the power of Love and Human Compassion. Working with terminally ill patients, I made it my mission to enter a room and FILL IT WITH LOVE. I would say to my-self 'I am going to be pure love.' I experienced the power of this and 'being there for others' in aiding a 28-year-old suffering from a severe brain tumor-he looked me straight in the eye and asked me if I had ever known of anyone who had survived this. I wanted to be authentic, yet compassionate. In that moment, I did remember a doctor relating to me that he had had a patient, who had survived, and I was able to give him this hopeful information. I also had the honor of providing support for an infant in the Neonatal ICU, whose mother could not be present—I held her and rocked her and hopefully gave her some of the love and support that her mother had not been able to give. The next time I came for a visit—she had died. It might seem strange that I benefited from this work, but being there for people, in their final moments of life, was absolutely trans-formational for me. I have been able to bring all these rich experiences in humanity to my present-day practice.

I have also found the power of Emotional Support Animals, in many cases, offered a way back

to mental health. One story related to me, was that of a woman who was an ex-veteran suffering from PTSD and Depression. As an integral part of her therapy, she had been paired with a very loving German Shepherd. On one of her extremely down days, she grabbed her revolver, and slumped down in her bath tub—ready to end her suffering. Quickly, her compassionate canine jumped into the tub with her, dislodging the gun from her hand and smothering her with love and affection. She got out of the tub and continued forward with what became a fulfilling life. This is only one of the many instances in which an Emotional Support Animal brought someone 'back from the brink'. It is my great privilege to include Emotional Support Animal assessments in my practice.”

When asked what she felt made a TOP 10 THERAPIST, Carla thoughtfully replied, “A therapist must have a Good Mind, compassion and authenticity. They also radiate a presence that signals to the client a sense of connection—that they are being seen and heard. Also, they make it about the client, only disclosing information about themselves when they feel it relevant to the session and a benefit to the client. I had a client in her mid-forties, who wanted to branch out into other careers. Her main challenge was that she felt that she might be too old. When I shared all the exciting and fulfilling careers that I had enjoyed in my life—hope sprang anew for her. We began to look at all her are-as of interest with new enthusiasm and exciting new doors began to open for her.

I firmly believe that therapy is a co-creation. I absolutely don't see the therapist as 'the all-knowing Oz.' It's vitally important that a co-partnership is formed in order for a client to feel empowered. Focusing on people's deficits just keeps them in a victimized state and they feel disempowered.

And the FIVE STAR RAVE REVIEWS are in for Carla Black, MA, MFT, ATR:

“Carla Black is a compassionate, caring professional who really delves into a person's background and carefully evaluates their mental health to provide the best care possible. She will absolutely not take part in individuals trying to circumvent rules and regulations for every day pets, and will only provide an ESA for those that absolutely need the certification. Highly recommend!”
—Angie G.

“Absolutely an amazing Lady!!! I will admit at first, I was a bit worried about meeting someone on line and spilling my life's details. Was I surprised YES, YES, YES!!!! From the emails to the call you can tell her heart is so kind and carries so much compassion. I have never really wanted to talk to someone about personal details but with Carla it was different. It was like she knew me and everything I mentioned she gave so much attention to it. My experience was A+++ I cannot say enough about her abilities to make you feel comfortable. I will definitely continue talking to her. She is a class act. You are in great hands with her. The trust and respect is above all else. Thank you so very much!!!!”
—Dr. Rylie & Torre

“I have been seeing Carla for 2 years now with my partner. I am very happy with my choice! She is an attentive and caring therapist. We are getting married in August, so that should speak for her skills!.....”
—Meredith Y.

The “Kudos” just keep coming for Carla Black, MA, MFA, ATR., from grateful clients whose lives and relationships have been changed so very much for the better by Carla Black's compassionate therapy.

Your Passion for what you do has sustained you in your rise in the Motion Picture and Television Industry. And now, with great relief, you know that you no longer have to do it alone. Contact Carla Black, MA, MFT, ATR (818) 907-7732 for a FREE 15 Minute Consultation. You may also check out her extremely informative website at www.carlablackmft.com. And you will soon realize why we named Carla Black one of LA'S TOP 10 THERAPISTS. CARLA BLACK: THE THERAPIST WHO “HAS YOUR BACK!”