

March 1, 2013

Sandy W.

To Whom It May Concern:

Why I believe Dr. Reuben Wolff, Psy.D is one of the best therapists in the San Francisco/Bay Area....

Reuben is extraordinary, helping me learn so much about myself, and how I engage the world around me. He has a wide array of skills he draws from to make it possible to explore life's issues in a very unique and safe way.

I have been able to discuss my complete life experience without feeling uncomfortable, regardless of the nature of the topic. And if feelings did arise I felt welcomed to discuss them. This is a remarkable feat for a male therapist.

His belief that the mind and the body are connected helped me in getting out of my head and into my heart. This allowed me to reach a deeper place, to crack open some of my fears, obstacles, beliefs, and behaviors.

The word/phrases that describe him: compassionate, well trained, an excellent listener, non-judgmental, resourceful, has a wonderful sense of humor (yes, you can laugh in therapy and I do often), very professional - but not stuffy, easy going and open energy, open minded, extremely patient, recommends books or other resources that may be helpful, will challenge you in a healthy way – not be in your face – but won't let you slide when you are trying to avoid something and has an amazing memory to connect the dots from session to session. Reuben works in unique ways to help you unravel obstacles.

On-going education and trainings keep Reuben up on all the latest studies of mind-body connection and how the brain works. His years of practicing therapy and his diverse life experiences make him wise. When you work with him, he is not only a therapist, but can also in a sense feel like a teacher or mentor depending on where you are at in your own process.

Know that he is a very genuine human being.

I hope you have an enlightening experience on your therapy journey.

Be well,

Sandy W.
San Francisco

