

Growth happens where you feel safe enough to be honest.

A Warm Place to Work Through the Hard Things.

Person-centered therapy for individuals, couples, and families navigating trauma, anxiety, grief, and life transitions.



Katherine works with clients who are ready to:



Work through trauma, anxiety, or depression



Move through grief at their own pace



Build emotional regulation and mindfulness



Strengthen relationships and intimacy



Navigate ADHD and major life transitions

Katherine Leslie Morris, AMFT

MARRIAGE & FAMILY THERAPIST ASSOCIATE

Registration 142017

Certified Sex Therapist

Katherine Morris helps individuals, couples, and families navigate trauma, anxiety, depression, grief, ADHD, relationship challenges, and life transitions. She offers a warm, person-centered approach focused on emotional regulation, mindfulness, self-compassion, and meaningful growth.

Supervised by

Shea Marie Phinney, LMFT 50023



Where Resilience Meets Rhythm

VISIT OUR WEBSITE
cadencetraumawellness.com

CALL OR TEXT
916-306-8520

TAKE THE NEXT STEP
We're here when you're ready.

Real support. Real connection. Real change. *We are in this with you.*