

Kety Lopez, LMHC has been a Licensed Mental Health Counselor for 8 years. She currently works in a vibrant private practice in Brickell, specializing on individual counseling for adults and adolescents. She obtained a B.S in psychology from the University of Florida. While at UF, she served as a research assistant at the McKnight Brain Institute and at the Geeni Child Development Lab. She also volunteered at Shand's Hospital psychiatric unit, focusing on building clients' coping skills and healthy functioning level. Kety went on to obtain her Master of Science in Mental Health Counseling from FIU. She graduated both institutions with honors. During the earlier part of her career she worked in the community mental health setting, concentrating on group and individual counseling for adults, children and adolescents. In addition, she's taught at various local colleges and has served as a guidance counselor.

Kety uses an eclectic approach to help her clients achieve peace and inner satisfaction. She combines an empathic, existential approach with sound scientific interventions to empower her clients and see them thrive. Her sessions are warm, direct and always sprinkled with humor. Kety specializes on issues such as self-esteem, relationships, careers, transitional phases, sexuality and spirituality. We each have a path to travel and she believes that her role as a therapist is to facilitate the process of discovery, acceptance and enjoyment of that path for each client.