



Life strategy and  
relationship counseling  
for couples, families  
and individuals

*Dr. Phil spoken here  
male friendly*

*therapy*

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**Marc Taylor**  
[amarctaylor@gmail.com](mailto:amarctaylor@gmail.com)

- \*Individuals
- \*Families
- \*Couples
- \*Children & Adolescents

My goal is to **help people figure out what is going on in their lives** and how they can take charge. Before this can happen it is necessary to create a **therapeutic foundation of compassion and empathy**. I understand that our behaviors are not necessarily who we are and when our actions contradict our deeper selves we experience suffering. When we bring our **heart, mind, spirit, and body** into alignment we can **create the lives that we long for**. As human beings **we don't exist in a vacuum**, whether individuals, couples or families, I believe that a systemic perspective is essential to **gain insight and promote lasting change**.

As a therapist I am **active, energetic, intuitive, and empowering**. I believe that a sense of humor rooted in compassion and playfulness can be both **therapeutic and healing**.

My academic training in behavioral science, human biology, and cognitive neuroscience, combined with my diverse life experience, give me the advantage of both understanding and feeling comfortable with many types of people and situations and **allow me to tailor therapy to what is best suited to each person**.

Some concerns I address include but are not limited to: power struggles, intimacy and relationships, ADD/ADHD, Depression, Anxiety, Oppositional Defiant Disorder, Parenting Issues and Gifted Children.

THE MARSTON CENTER • 677 Woodland Sq Lp SE • Lacey, WA 98503 Ph 360-352-9443 Fax 360-352-8868

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