

Our Approach

Trauma Focused

Internal Family Systems (IFS)

Somatic

Imago

Attachment-Based

Biofeedback

Gottman Method

Breathwork

Cognitive Processing Therapy
(CPT)

Emotionally Focused

Emotional Freedom Technique
(EFT)

Eye Movement Desensitization &
Reprocessing Therapy (EMDR)

Positive Psychology
Transpersonal

Cognitive Behavioral Therapy
(CBT)

Services Include:

Biofeedback/Neurofeedback

Depression

Anxiety

Trauma/PTSD

Relationship Issues

Support Groups

Self-Esteem

Marital & Premarital

Divorce

Social Anxiety

& More

Contact Us

832-324-9111

annisa.org

therapy@annisa.org

Request an Appointment



An-Nisa

Educate. Empower. Enrich.

Therapy & Mental Health Services

annisa.org

We help you heal & thrive!



We offer unique trauma therapy that integrates the head, heart, and body for total well-being and healing. We use neuroscience and evidence-based strategies that work.

Learn how to have a relationship with yourself, which is the greatest gift you can give yourself.



How are you feeling?



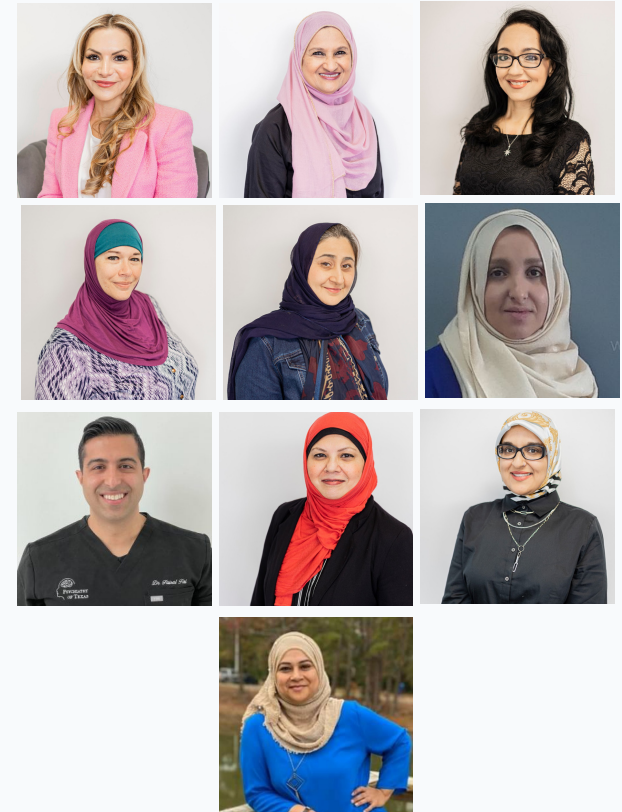
Do you feel stuck? Not sure what to do or what the problem is? We can help you understand yourself better and provide you with a more holistic framework for healing and offer a path forward.

Trauma-Informed Care



An-Nisa's Counseling Services uses a trauma-informed approach. Trauma-informed care is an approach to therapy that asks "What happened to you?" rather than "What is wrong with you?" This shifts the tone from victim-blaming to recognizing the person as a survivor.

Trauma-informed care is a set of guiding principles that recognize trauma has significant effects on people and is often not recognized.



Our Team



If you want to heal your trauma, please seek a trauma-informed therapist who can help you get unstuck!

