

**Karla Obernesser, MA, LMHC**

Therapist | Couples' Coach | Certified Daring Way Facilitator

With over 30 years of experience in the field of therapy, Karla Obernesser brings a wealth of knowledge and insight to her work with individuals of all ages. Specializing in Play Therapy, Karla began her career working with children and has since expanded her expertise to include teens and adults. She helped establish the Washington State Association for Play Therapy and incorporates its principles into her work with parents, providing them with tools to nurture their children's emotional growth.

In recent years, Karla has deepened her knowledge in Focus-Oriented Therapy and has developed specialized skills in working with complex trauma healing. Her approach is grounded in supporting clients through both past and present emotional challenges, guiding them toward lasting healing and growth.

Karla's training also includes certifications from the Gottman Institute and the Daring Way program (based on the work of Brené Brown), enabling her to offer a range of transformative resources for personal growth, relationships, and emotional well-being.

In addition to her private practice in Bellevue, WA, Karla has spent more than 20 years co-facilitating retreats and couples' coaching alongside her husband, Richard. Together, they have developed online programs that offer couples practical tools to enrich and strengthen their relationships.

Karla's passion for supporting women and children extends beyond her professional work. She and Richard are proud parents of four adult children. Their family continues to grow with one awesome son-in-law and one amazing new grandson. They deeply value the power of connection, resilience, and the healing potential within supportive communities.

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