

## Glisten Counseling Going Fully Virtual in 2019!



### Happy Holidays & Welcome to the Glisten Winter 2018 Update!

While many of you have already heard the news over the last few weeks, we are excited to announce that starting January 2019 Glisten Counseling will be going fully virtual using the Simple Practice portal!

As commute times are rapidly increasing in the Portland-metro area, the need for more therapy slots (and afterschool appointments for students) increases, and hazardous winter weather is upon us, moving to a virtual format will help solve all of these concerns. Additionally, a virtual format enhances overall privacy (no awkward waiting room run-ins!) with the added bonus of being eco-conscious (less cars on our roads!).

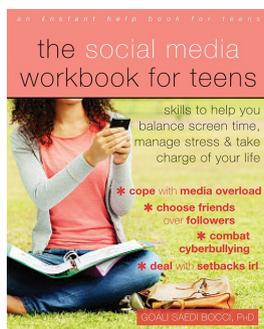
Dr. Saedi has already been using teletherapy successfully over the last few years with college students across the state of Oregon and is excited to extend the convenience and ease of this format to all of her clients. For any questions or concerns that may arise during this transition, please feel free to reach out directly via secure message!



### Set your DVRs!

Dr. Saedi will appear on KATU Channel 2's AMWN on Thursday February 28th at 9 am for the launch of her latest book!

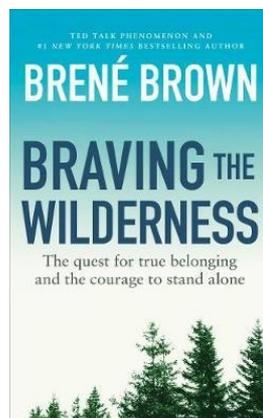
[Click here for past segments!](#)



### Pre-Order Now!

Filled with Dr. Saedi's best tips for stress management, better sleep, healthier device management, and more (and not just for teens!).

[Available on Amazon](#)



### Currently on Dr. Saedi's Bookshelf...

Any Brené Brown book is a delight for the soul. This is the fourth Brown book Dr. Saedi has read

with a happy heart!

Learn more  
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work...

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