



AGAVE STUDIO

FOR PSYCHOTHERAPY AND SPIRITUAL DIRECTION

2950 W. Chicago Ave. #202, Chicago, IL 60622-4375

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At **Agave Studio for Psychotherapy & Spiritual Direction**, it is our mission to foster an environment for growth and flourishing, with the understanding that the spaces where we come together to share our joys and our losses are sacred. In our practice, our goal is to create a safe space where the individual, couple, or family can experience the growth, healing, or change that they desire, to ultimately become more fully alive and more fully themselves. Our work is guided together by your needs and desires.

We do so by providing resources to engage the mystery of the human journey through psychotherapy, spiritual direction, and body therapies. We work from a holistic model of wellness to address issues concerning both mind and body, and we are prepared to work with people on a number of different issues, including issues of mood, culture, sexuality, spirituality, relationships, anxiety, depression, transitions, grief/loss, and trauma/abuse.

Our staff is well-trained in a variety of areas, especially in the areas where mind, body and spirit meet. Not only do we offer the most innovative psychotherapy approaches like Internal Family Systems and Emotion-Focused Therapy, we also offer spiritual direction and body therapies such as bodywork, mindfulness, and dance movement therapy."

CARLOS RUIZ, MA, MDIV - Psychotherapist and Spiritual Director



In my practice, I foster a safe place where my client and I collaborate together by entering into a relationship that helps them stop judgmental attitudes towards themselves and become more self-accepting and curious about themselves. I want to enter into a relationship with my clients where they discover the unreleased energy to heal and make decisions that helps them to get out of frustrating cycles moving more toward places of flourishing, healthy living and meaningful connection with others.

In my work I incorporate spirituality from different traditions and an eclectic approach to techniques mainly coming from psychodynamic, relational, family systems, narrative therapy and attachment theory. In my practice I work with individuals and couples dealing with issues of family, grief, relationships, sexuality, LGBT, loss and trauma, transitions, anger management and cross-cultural issues. I greatly enjoy working with couples, and I primarily work from an Emotion Focused Therapeutic (EFT) model that helps couples break frustrating cycles of relating by attending to their attachment and bounding needs.

Please call (773) 627-2118 to schedule an appointment.