

Financial Therapist Network Listing



Contact Information

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 Company: Healthy Love and Money (Online Learning) & Carolinas Couples Counseling (Therapy Services)
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Professional Services	Insert responses Financial Therapist Marriage and Family Therapist National Lecturer Adjunct Professor here
Practice Approach	Attachment – How we bond Affect Regulation – How we manage emotions Family Systems – Patterns of interaction Psychodynamic – The unconscious mind
Client Focus	Couples Business Owners Highly Trained Professionals People Who Have or Are Crossing Social Class Survivors of Childhood Trauma
Typical Client Profile	Mid Career to Late Career Highly Educated
Licenses/Certifications/Designations	CERTIFIED FINANCIAL PLANNER Licensed Marriage and Family Therapist, North Carolina
Education	Ph.D. Student Kansas State University – Kansas State University Masters of Art Counseling – Gordon Conwell Theological Seminary Masters of Business Administration – Finance Concentration – Queen's University Bachelors of Art – Business Management – University of Houston Clear Lake
Fee Structure	Hourly
Years in Practice	5
Professional Association Affiliations	Financial Therapy Association – Board Member American Association of Marriage and Family Therapy
Do you work at a distance such as with Skype?	Yes
Research Interests	Financial Wellbeing and Conflict, Interpersonal Neurobiology (All the ways human connections impact our mental and physical development)

Personal Statement

Scouring the internet looking for help and landing in all the wrong places has likely left you exhausted, discouraged, angry and yet there is still hope that maybe this time something will be different. You have likely found high priced coaches, and Guru's who promise to transform your life, your finances, your marriage, you name it, it can be transformed. Right?

You want help, you do want transformation, you do want change. The pains of your life are real to you and you want someone to understand. In I walk, there are no fast gimmicks, miracle cures, or radical transformations. I am devoted to the use of social science to help unwrap your relationship with well you guessed it love and money. Two topics that seem to confuse the best of us. You know in the bottom of your soul that things can be better, they can be different, it is just about finding a place for healing and growth. If you are like most people that find their way here, you have a job, you have education, you are generally a good person even if you struggle to believe it some of the time. Yes, I know some of you don't believe you're a good person, even when the evidence points to the contrary. You also have an intimate partner, perhaps some kids, parents, grandkids, uncles, aunts, and yes for some step/half children, and perhaps a few other family relationships.

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Sure at first the topic of money seems easy, then all of a sudden your heart beats faster, your hands go cold, and you avoid the topic for another day or maybe you obsess over the topic of money with a pain in your chest. On the outside your family and friends think you are mostly put together and doing this adult thing pretty well, but on the inside sometimes it feels like a little kid is ruling the roost. Well the good news is you're not alone. Intimacy and Money are huge issues for most adults. The bad news is what you already know that by now, there are no easy answers or one-time fixes. Our relationship with intimacy and money is not fixed but rather developmental. It matures over our life-time if we create space for it. Moving from money awkwardness, chaos or rigidity to money flexibility is a huge accomplishment.

You want to have a healthy relationship with your spouse and if you could sit down and talk about money like to grown adults all the better. Yet these elusive goals evade you, or perhaps you have made some progress on them, but you know you are ready for the next step. Either way this is a place where you can safely learn to grow in your relationship with intimacy and money. No fear tactics here, shame is certainly not the goal, unrealistic fantasies are not needed, just real people with a real need to be human.

I have been on a journey of discovery about what it means to experience healthy intimacy and financial security for as long as I can remember. In the early years that meant a lot of self-help books and working with a 403 (B) salesman (retirement account). My early thinking went something like this, if I just know enough and save enough then everything will work out. That worked great while single and with little responsibility. The next stage of life the monkey wrenches entered the plan. I eventually met my wife and my world opened in new and unexpected wonderful ways. Hey, probably like you in the early phases of love. As the realities of married life settled in, the old problem solving skills went into hyper mode. Learn more, save more. Which led me to earn my MBA and CFP (Financial Planning) designation. Yet a funny thing happened, all this knowledge didn't solve the problem that my wife and I did not see money the same way. Probably no surprise to anyone who has been married some time.

Here is where it gets interesting instead of following the career path of being a financial planner I went back to school to become a marriage and family therapist. Not only did I leave the educational and professional world I had been living in for so long, I discovered a whole new one in psychology and counseling. One in which I started to make more sense of myself, I understood my wife better, and how my family came to shape who I am. Please note this is a multi year journey that continues.

Working with families and couples on a multitude of different issues has enriched my understanding of the complex and dynamic relationship that money plays in our life's. My clients have lived through and some are still living with, emotional abuse and/or neglect, physical abuse, sexual abuse, parental or personal addiction, divorce, parental incarceration, limited food to name a few. Perhaps this is you to. These adverse experiences have profoundly shaped the way my clients see themselves which then impacts the way they interact with money. Remember that comment about social science, this is where that research comes in handy for helping people integrate and grow from these experiences.

I do not have all the right answers for you, but I can help you heal, learn and grow through your past, and help you to move into the present and prepare for the future. Addressing the intersection of trauma, intimacy and your financial life will likely be some of the hardest mental and relational work you ever do. At least it has been that way for me and this is coming from a guy who used to run into burning buildings as a professional firefighter (You didn't see that one coming did you?). This time will challenge both your internal and external world, yet at the same time it is designed to help you live more fully and authentically even if you don't know what that looks like yet.

Welcome to The Process of Financial Therapy

Truly,

Ed Coombs