

REDISCOVER
CLARITY,
CONNECTION,
AND JOY
THROUGH
COMPASSIONATE,
EVIDENCE-BASED
PSYCHOTHERAPY.



BETH LEE
PSYCHOTHERAPIST

Heal Deeply
Create Change
Find Clarity
Reclaim Joy

GET IN TOUCH

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Online California, In Person & Online Ireland

Relationship Intensives & Retreats:

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YOU DON'T HAVE TO DO THIS ALONE

Whether you're seeking support for yourself, your relationship, or your future together, I offer a safe, caring space where healing begins and meaningful change unfolds. From online therapy in California and Ireland to immersive retreat-style Relationship Intensives in the breathtaking West of Ireland, my services are designed to help you move forward with confidence, purpose, and heart.



IT'S TIME TO GIVE
YOUR BODY AND
SOUL A BREAK.

THERAPY HELPS.

SERVICES

Individual Therapy

Supportive, evidence-based therapy for depression, grief, anxiety, burnout, trauma and life transitions. Reconnect with what matters so you can live with greater balance, clarity, and self-trust.

Couples /Relationship

Strengthen communication, rebuild trust, and rekindle intimacy through a well researched, compassionate, practical approach. Helping you and your partner reconnect, heal, and create a more secure, fulfilling relationship together.

Premarital /Pre-Commitment

Falling in love is the easy part. Staying in love—through change, challenge, and everyday life—is a skill you can build together. Premarital /pre-commitment counselling is about building something strong and intentional. It's for partners of all orientations and identities who want to start their next chapter with clarity, trust, and deeper connection. Whether you're preparing for marriage, moving in together, or making a long-term commitment, this work gives you the tools to grow something lasting—something that reflects both your love and your shared values.

Relationship Intensives

Private, all-inclusive, four-day retreat in the beautiful West of Ireland. Designed to help partners break painful patterns, heal emotional wounds, and rebuild trust, intimacy, and connection through focused, transformative therapy.