

# Business Connection

*Strengthening the local economy and serving members for 70 years*



925.846.5858

[www.pleasanton.org](http://www.pleasanton.org)

May 2019

## Business Spotlight

### Finding ways to keep moving forward

Just as bridges are used to connect two areas of land in order to cross over a void, such is the value of Bridges Therapy. Bridges Therapy was founded by Kim Curtis, Licensed Clinical Social Worker, with the core goal of partnering with clients in finding ways to keep moving forward after faced with a major life changing event.

"I provide solution focused, strength-based therapy to individuals facing a crisis such as death, divorce, loss, medical/psychiatric diagnosis of self or loved one, or another major life change that have left them needing to redesign their future," said Kim.

With 16 years of experience in the mental health field, Kim has



Kim Curtis

Kim first became interested in the field at age 13 while she was supposed to be headed to modeling school in San Francisco. Instead, she was sitting on the streets of Powell and Market asking to hear the stories of the homeless. "I wanted to know their stories and find out what interventions could have altered their path," said Kim. "I wanted them to know that I saw them in their suffering and that I was willing to bear witness to the

trauma that resulted in living on the streets rather than in a warm home with loved ones."

partnered with individuals facing the worst moments of their lives and those surviving their deepest tragedies. "I pride myself on being able to support my client at their worst and see them through the acceptance and healing process," she said.

Often people become stuck in their experience because the brain doesn't know anything else. Kim offers a new perspective or a challenge to a current belief. Once the shift happens, healing begins.

"It's not about returning to the person you once were, but instead learning how to develop and adjust to a new identity, a new purpose, and a new future," said Kim. "I offer a safe, supportive and confidential place to figure that all out."



**Set up a free 20-minute consultation by emailing [KimCurtis@bridges-therapy.org](mailto:KimCurtis@bridges-therapy.org).**