

Dwayne Kruse, LMFT, a Licensed Marriage & Family Therapist with Attainable Family Solutions

Get to know Licensed Marriage & Family Therapist Dwayne Kruse, who serves patients in Sierra Vista, Arizona.



New York City, New York Oct 12, 2022 ([Issuewire.com](https://www.issuewire.com)) - A Licensed Marriage & Family Therapist, Dwayne is the Founder of Attainable Family Solutions located in Sierra Vista, Arizona. He has spent 25+ years working in the areas of child services involvement, adoption, probation, military family issues, and unresolved childhood trauma.

Dwayne sees his patients in his comfortable office in Sierra Vista, AZ, and can see patients from all over Arizona and Washington State via telehealth. He also uses a therapy dog, Shelby, to help calm and work with his patients of significant trauma. He will soon be adding couples and post-traumatic stress

groups to his rapidly growing private practice.

“Many clients say I bring a level of calm to the room along with my subtle and consistent drive to meet your needs. As your partner and guide, I come alongside you and your family to create sustainable goals with realistic interventions and steps that we can all measure to see real progress” expressed Dwayne.

As an expert in trauma and attachment, he strives to connect emotionally to one’s story and provide the right resources and support to help them get relief and meet their goals. He focuses on attachment injuries, children and adults with child protective services involvement, foster care, abandonment, or legal involvement.

“I provide coaching and support. Together, we will work through traumatic, regressive, and unhealthy coping behaviors. We will also learn better ways to tolerate those annoying or overwhelming stresses that trigger reactive behavior. Forgiveness and tolerance free us from living the emotional roller coaster, creating feelings of peace and relief. In therapy, I teach how to remove stress and add healthy coping skills. I teach how to control your fear, sadness, and anger that cripple your desire for success. I teach the stress model, improving relationship connection, and understanding of how we relate to ourselves and others. Your hard work will be rewarded with a new sense of self, empowerment, and confidence through an approach” stated Dwayne.

Back in the early days of his academic career, he graduated with his Bachelor of Science degree in Criminal Justice Administration from San Diego State University in 2000. He then went on to earn his Master of Arts degree in Marriage and Family Therapy from Alliant International University, graduating in 2003.

With a great passion for his work, Dwayne gets true enjoyment out of working closely with his clients. He strives to merge old ways and new possibilities and develop ways to feel good about technology and retain a family-oriented feel across all business paradigms.

Learn More about Dwayne Kruse:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/83124457>, or through Attainable Family Solutions, <https://www.attainablefamilysolutions.com/#about-section>

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Source : Dwayne Kruse, LMFT

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