[](http://tamichelew.com/wp-content/uploads/2010/04/tamibig1.jpg)Tami Chelew is a Marriage and Family Therapist Trainee serving North County San Diego and the Mission Valley areas.  She is finishing her final year at Bethel Seminary in San Diego and is being supervised in counseling by Kathryn De Bruin, (License number 43615).  Tami has been married for over tweny years and her and her husband have two almost-grown daughters.

"We waste time looking for the perfect lover, instead of creating the perfect love," Tom Robbins

* Counseling  
  I am passionate about marriage and family therapy and individual therapy. My therapeutic goal is to help couples, families and individuals safely connect with one another which in turn will help cultivate a safe bond to build healthy, loving and lasting relationships with one another. I strongly believe that secure attachment bonds formed early in life is essential for a healthy sense of well being and in cultivating healthy relationships with others. At the same time, I realize that for many, that may not have been a reality. The good news is that even if one did not receive healthy, safe attachments early in life, there is still hope. Healthy love and connection with secure attachments can and indeed does happen later in life. My heart is to help my clients achieve this individually and with one another - as spouses, partners, parents, adolescents and children. I have been involved with teaching and speaking on marriage and family relationship issues for the past 16 years. I speak at different churches, parenting groups, marriage seminars, women's events and retreats throughout the greater San Diego area and do some travelling. I have self published an 8 week woman's bible study called The Wise Woman Builds Her Home and a 52 week prayer guide called Wives in Prayer. Wives in Prayer "groups" have risen up throughout the US and overseas as a resource for strengthening marriages. I speak on many marriage and family related topics from both of my books and from personal life experience. Most topics work well with both faith and secular groups.