

Why Choose Buxani Care?

At Buxani Counseling Care we take a mindful and tailored therapeutic approach to help our clients.

- We offer virtual and in-person sessions with practitioners that are licensed and trained to best meet your specific needs.
- Buxani Care stands for empowering clients and bringing them hope while providing a place of compassion and care where all can feel welcome.
- We believe in holistic mental health care, including mind, body, and soul.

Take your first step towards mental wellness and a fulfilling life!

Book a FREE consultation today at www.buxanicare.com



In-person and TeleHealth available by appointment.



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PHONE

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FOLLOW US

[@buxanicare](https://www.instagram.com/buxanicare)



WEBSITE

www.buxanicare.com



YOUR MENTAL HEALTH MATTERS



Buxani Counseling Care



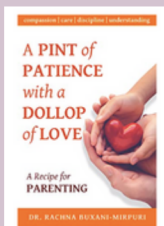
Meet Dr. Rachna Buxani-Mirpuri



Dr. Rachna Buxani-Mirpuri is a Licensed Mental Health Counselor (LMHC) practicing in Florida and the founder of Buxani Counseling Care. She has practiced as a counselor for more than 20 years nationally and internationally. Her approach to helping provides an empathetic, non-judgmental, and safe environment for clients to heal and become resilient through the therapeutic process.

Rachna's greatest strength when delivering interventions is her multicultural counseling experience. She is especially empathic to cultural dynamics in the context of mental health issues amongst clients.

Order Dr. Rachna Buxani-Mirpuri's book on parenting today at Barnes & Noble, Amazon, Target and Books & Books.



Our Mission

Buxani Counseling Care believes in assisting clients in living a healthy and fulfilling life. We focus on enhancing mental health and performance by personalizing therapy following a detailed assessment.

Our Services

Our therapists provide a wide range of therapies and counseling services to support our clients with their mental health challenges. Therapy is provided in English and Spanish.

These include:

- Cognitive Behavior Therapy
- Dialectical Behavior Therapy
- Solution Focused Therapy
- Family Conflict Resolution
- Grief Loss Therapy
- Teen Groups
- Holistic Therapies including Mindfulness and Meditation
- The Gottman Method
- Telehealth Therapy
- EFT Tapping
- Interpersonal Therapy

What We Specialize In



Individual Therapy



Teen Therapy



Couples Therapy



Family Therapy

Buxani Counseling Care therapists take an integrated, culturally sensitive, tailored approach to helping clients deal with mental disorders such as depression, anxiety, eating disorders, general life stresses, and marital/familial conflict.



"Highly recommend Buxani for all your mental health needs. Great office vibe & staff. I have been seeing Jovanie for a year now, and I can honestly say I'm in a much better place."

- Fuji

