

DR. TSEDAY ABERRA

Dr. Tseday Aberra is a clinical and forensic psychologist and one of the country's leading authorities on the male-female relationship. Dr. Aberra advocates a unique and at times controversial approach to the dynamics of marriage, the elements necessary for a successful relationship and the role of sex in a marriage.

Dr. Aberra has a successful marriage and relationship counseling private practice in the greater Los Angeles area, and has written numerous articles on the subject that have been published in a variety of publications. In addition, Dr. Aberra has conducted seminars across the country reaching countless people seeking to improve their relationships and marriages.

Topics Dr. Aberra has spoken and written about include:

- Destructive boyfriend-girlfriend relationships
- Breaking-up with a “nice guy”
- The importance of sex in a marriage or relationship
- Why women should become self-sufficient before getting married
- The seven major mistakes women make in a marriage
- The impact of past negative experiences in future relationships
- The importance of understanding your spouse
- Signs of a confident woman

One of the first female psychologists to stress the importance of sex in a marriage, and the responsibility of a woman to sexually provide for her husband, Dr. Aberra regularly faces criticism and prompts debate wherever she speaks. She also freely expresses her thoughts on the shortcomings of the marriage counseling “industry” in the U.S., and challenges many common practices.

Frequently called-on by the media for her expertise, Dr. Aberra has appeared on television and radio programs, and been quoted in magazine and newspaper articles.

Dr. Aberra received a Psy.D. in Clinical Psychology from Azusa Pacific University, an M.S. in Marriage, Family and Child Counseling from California State University at Fullerton and a B.A. in Psychology from the University of Minnesota. She has repeatedly served as an expert witness at the Los Angeles County Superior Court and been called to testify as an expert witness at several other Southern California Superior Courts. Dr. Aberra is a member of the American Psychological Association and lives in Southern California with her husband and three children.

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Contact: Dr. Tseday Aberra
Dr.Tseday@DrTseday.com
800-801-3470