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Making house calls a natural for therapist

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Making house calls just makes sense to Silvia Almeida-Vaquero, a Licensed Marriage and Family Therapist with 18 years of experience.

She says, "The nice thing about going to my client's home is that I get to see how they live and the way they interact in their own environment."

Working with individuals of all ages, as well as couples and families, Almeida-Vaquero also wants people to know: "I'm available during the day, evening and on the weekends by appointment or for crisis intervention."

Silvia Almeida-Vaquero

Although the Key Biscayne resident is focusing her practice on house calls, she continues to maintain an office in Miami, where she says a psychiatrist is available to work with her clients.

The bilingual therapist deals with a wide range of problems, from marital strife to depression, and from stress to drug and alcohol addiction.

Almeida-Vaquero launched her career back in 1983, at Miami Children's Hospital Division of Psychiatry. Upon earning her Master's of Science in Education with a specialty in Marriage and Family Therapy, she landed a job with Human Affairs International as a clinician in 1988. Then in 1992, she returned to Miami Children's Hospital as the assistant to the Chief of Psychiatry. In this capacity, she provided individual therapy to patients in the psychiatric unit, and worked closely with the medical director to determine treatment plans, discharge and aftercare.

Ultimately, establishing a private practice, she moved to Key Biscayne earlier this year.

Almeida-Vaquero is hoping to start a free, periodic counseling series on the island, with such themes as self-esteem, children of divorced parents, seniors groups, women, and family dynamics.

"There are a lot of families living on Key Biscayne, so I think there's a great need for such a program," said Almeida-Vaquero.