INTERNAL COMPASS
THERAPY

Compassionate care.
Real change. ♡

THERAPY TO HELP YOU HEAL, GROW, AND FEEL MORE LIKE YOU.

Meet Our Therapists ♡



MOLLY K. STREMBA, LCSW
FOUNDER & THERAPIST



NIKKI HIRSCH, LSW, LMSW
THERAPIST

We help adults understand the root of their patterns, heal childhood wounds, and build stronger relationships—with themselves and others.

♡

We're here for you. ♡

At Internal Compass Therapy, we provide a warm, supportive space to help you navigate the hard things—without losing yourself.

Whether you're feeling stuck, overwhelmed, disconnected, or ready for change, we're here to walk alongside you.

- Compassionate Care
- Trauma-informed Approach
- Deep, Lasting Change
- You Don't Have to Do it Alone

Specializing In ♡

- Grief and Loss
- Trauma
- Inner Child Therapy
- Relationship to Self and Others
- Self-Esteem / Self-Worth

Our Approach ♡

We believe healing happens in relationship. Our approach is trauma-informed, collaborative, and rooted in empathy and respect. We help you understand your patterns, heal past wounds, and build a more connected, authentic life—one step at a time.



You are allowed to outgrow survival mode. ♡

Your patterns make sense.
They're just not serving you anymore.

Therapy isn't about becoming someone else. It's about learning how to stay connected to yourself—even in the hard moments.

AWARENESS ♡ HEALING ♡ GROWTH ♡ CONNECTION

Internal Compass
The Path To Healing Within

Let's take the next step together. ♡

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