



# Ho'oulu Ohana

— WELLNESS CENTER —



*My goal is to create a safe, supportive space where clients feel seen, heard, and respected.*

## Meet our Therapist

### Madonna Taueu, MS

I am a mental health professional based in Hawai'i with over seven years of experience supporting both adults and youth ages 8-21. I specialize in helping young people navigate emotional challenges, family conflict, domestic stress, and the many transitions that come with adolescence.

I am passionate about working with families and communities and have spoken across Hawai'i on parenting skills, child safety, and ways to support children during their formative years. I believe that learning to recognize, understand, and respect emotions is an important step toward healing and growth.

My approach to therapy is integrative and tailored to each individual's needs. I draw from Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), Person-Centered Therapy, Strengths-Based approaches, and Adlerian principles. Together, we explore how thoughts, emotions, and experiences shape behavior while building practical tools to support resilience, healthier relationships, and personal growth.

I approach my work with empathy, compassion, and faith, believing in the inherent worth and potential of every person.