

## Meet Teyhou Smyth of Living with Finesse



Today we'd like to introduce you to Teyhou Smyth.

**Teyhou, let's start with your story. We'd love to hear how you got started and how the journey has been so far.**

Learning about human behavior and what causes them to act in one way or another has always been a keen interest of mine, thus encouraging me to complete my Bachelor degree in psychology from the University of Southern California and following on with a Master's in Sociology from the University of London.

When I was much younger, I encountered many individuals sharing their specific challenges and that brought to light my passion of helping humankind. It inspired me to pursue a career in having the ability to professionally help people overcome difficulties that have prevented them from leading happy, more fulfilling lives, and to improve their mental well being.

The importance of psychology in human life motivated me to learn more about the deeper meaning of unresolved issues that lie within. It is a privilege to be allowed insight into a person's private existence and to be part of a process that involves personal growth and self-awareness. I believe those who are well versed in science of human behavior can deliver the best help to those in need and as such I completed my education with a Master's degree in Clinical Psychology with an emphasis in Marriage and Family Therapy from the California School of Professional Psychology.

I am now a Registered Associate Marriage and Family Therapist and Registered Associate Professional Clinical Counselor working in my own private practice that is "Living with Finesse." It specializes in stress management, work/life balance, strengthening professional and personal identities, life transitions, relationship issues and ultimately helping individuals become the best version of themselves.

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**We're always bombarded by how great it is to pursue your passion, etc. – but we've spoken with enough people to know that it's not always easy. Overall, would you say things have been easy for you?**

I can safely say that the journey has had its challenges along the way, but I am grateful for all the experiences in my life that have led me down this path as I find myself precisely where I belong today. I had many other careers in my life including working with high profile individuals in government, fashion and film industries. My experiences gave me great exposure into many exciting worlds. However, I always felt that there was a humanitarian element and fulfillment missing in my work which derived from my own values of personal development and wellness. I feel lucky that I am able to help others achieve their full potential in my work today. My personal values are congruent with my work which fuels my passion for the field.

In addition to my work as a clinician, I am actively involved with my professional organizations such as LACAMFT (Los Angeles Chapter of California Association of Marriage and Family Therapists) and attend conferences regularly to remain connected with colleagues and aware of uprising mental health issues. I am also passionate about advocating for pre-licensed members of our community and offer them support as well as mentorship as a way of giving back to my community the support that they have given me.

**So let's switch gears a bit and go into the Living with Finesse story. Tell us more about the business.**

My practice Living with Finesse focuses on self-discovery which can be a challenging process. Through this platform I share weekly articles, podcasts and YouTube videos on various topics that can help people live their best life <https://www.livingwithfinesse.com/articles/> and I am also a contributor to Thrive Global (by Arianna Huffington) on issues relating to stress and corporate burnout <https://thriveglobal.com/authors/teyhou-smyth/>. Our culture is becoming more health conscious and deliberate in our efforts to care for our minds and bodies. I help my clients achieve their full potential and improve their well-being through a variety of ways including cognitive behavioral therapy and emotion-focused therapy and invested in their improvement so that they may become the best version of themselves.

Most of my colleagues will agree that limitations on insurance coverage creates limitations on improving mental health in America and prevents many from seeking professional help. It seems we are at the mercy of our insurance plans that forces an individual to have to choose between physical health or mental health; although, they are directly linked to each other. The impact of the limited coverage for mental health results in negative outcomes for consumers. Even the highest functioning people can struggle to maintain the self-care necessary for an

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overall well being. For people with depression, anxiety and other diagnoses, quality of life is negatively impacted in the absence of mental health services.

Living with Finesse is a source where anyone can seek self care, discovery and improvement. It is not only about improving mental well-being but also about going through life equipped with knowledge and increased self-awareness (Finesse) which leads to better cognitive and decision-making skills. I specialize in stress management, corporate burnout and to create a work/life balance. I work with high functioning professionals who lead busy lifestyles and struggle to balance the various aspects of their lives. My goal is to share my clinical knowledge with others as I believe it is in application that it becomes relevant and holds true value.

## **Has luck played a meaningful role in your life and business?**

I have been extremely lucky and feel very privileged to have had some incredible and inspiring supervisors and mentors in my field that have been truly invested in my personal growth and enhancing my clinical skills as a mental health professional. Their influence has impacted me tremendously and informs my work on a regular basis, and I feel very grateful that I have had the opportunity to evolve further under their guidance.

My own international and multicultural background has also played an important role in my understanding of human diversity, and I am blessed to have been able to attain such perspective and insight through my own personal experiences.

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