

ONE PATIENT, ONE AT A TIME, RIGHT IN FRONT OF ME

By John F. Grace, Psy.D

That simple statement explains both my philosophy of care and how I conduct psychotherapy. Psychotherapy is a one to one relationship to help relieve distress, solve problems and foster growth.

The greatest wealth in life is the freedom and vitality of good health. Good health and wellbeing are characterized by vibrancy, energy, positive relationships, a sense of inner happiness and satisfaction. We all easily accept the idea of good health as a medical issue. Most of us would not hesitate to have a chronic illness evaluated and treated, to attend to an accidental injury or to consult our medical doctors about preventive measures that help prevent the onset of illness. But do we appreciate the essential role of our psychological health? Do we acknowledge the importance of understanding how our thoughts, our emotions and our motivations that drive our habitual behaviors impact our health and wellbeing? It is a sad-reality that even now, a negative stigma is still common when issues of depression, anxiety, stress-basic aspects of mental health, are problematic.

covered that create a lasting mental health response that helps protect against similar problems in the future. Psychotherapy offers a direct method of understanding how to relieve and manage stress. How to understand and recover from depression. How to learn to live well in our lives. I believe in the innate potential and aptitude of each person to live a full life, experience the joys of calendar relationships and to achieve personal and professional goals. Psychotherapy is a process of developing a deeper understanding of your potential to repair, to grow, to change and to become wise. Personal development involves questioning and learning and change can be difficult and stressful itself. But the end result is well being, peace of mind, satisfaction and contentment. This outcome is not only possible but attainable by all.

“We are all vulnerable to becoming overstressed”

In my psychotherapy practice I utilize Cognitive Behavioral Therapy, Interpersonal Therapy, Existential Therapy and Dialectical Behavioral Therapy skills. These are all established and effective therapies. I incorporate mindfulness and meditation training, I am certified in Clinical Hypnosis and utilize this treatment for pain management, habit control, smoking cessation and treatment of psychological trauma.

If you, a family member or a friend is struggling with a psychological problem, I can help.

In addition to providing individual, group and couples therapy, my practice can provide full psychological assessments. We can provide assessments for ADHD, pre bariatric surgeries, substance abuse and eating disorders for adults and adolescents.

Please call my office at 706.552.0450 to schedule an appointment. My office is located at 1 Huntington Road, Suite 801, Athens GA, 30606. Most insurances are accepted.



Dr. John Grace is affiliated with the American Psychological Association; Georgia Psychological Association; Athens Area Psychological Association; American Society of Clinical Hypnosis (ASCH); and the American Academy of Pain Management. He is board certified for Clinical Hypnotherapists (NBCCH). He is currently a staff psychologist at the Eating Disorders Recovery Center of Athens where he provides individual and group therapy sessions.

We are all vulnerable to becoming depressed. We are all vulnerable to becoming overstressed by worry, problems, and serious life changing events like divorce, loss, financial problems, and family tragedies. Habitual anger can disrupt every aspect of personal or professional life. It is a fact that more work time is lost every year to depression and anxieties than to other causes. Sleeping problems are routine for many people. The link between stress and medical issues is a fact. Fortunately, we are all also resilient. We have within us the basic elements we need to recover from an emotional disorder- and more- it is not too much to say that participating in a process of psychotherapy treatment, skills are learned and personal insight dis-