
Do I need counseling?

Sometimes counseling or therapy is about searching for insight, clarity, and options around important issues in your life. Sometimes you know what it is you need to be doing and yet are unable to make a change.

Therapy is a place that can be supportive as well as generative; it can move you towards health and more life satisfaction.

I believe that Healing and Wellness are within reach when we can tell our stories. These stories reveal the pattern in our lives; they hold the seeds for the chapters to come. Come and tell your stories, come and uncover your stories, it will move you closer to what you long for.

The story of your life and the distinguishing characteristics of your relationships are created by the experiences life brings you. This is influenced by the multiple ways we all see, hear, and experience events and each other. A key element of our work together will be exploring the various translations of this rich and complex mix of information.

I offer a supportive, encouraging, goal-oriented, and interactive approach with consideration given to the mental, emotional, and spiritual aspects of your situation. Patterns and symptoms on the physical level might also be explored as possible clues to imbalance or unmet needs.

The process of change can be multi-layered and challenging, requiring time for reflection and action, appreciation and questioning, celebration and grieving.