

Self-Esteem & Self-Image Counseling - Low self-esteem and poor self-image can be underlying causes for anger, anxiety, depression, eating disorders, excessive alcohol and drug use, domestic violence, fear, shame, and underachievement. It is important to not only get to the outward symptoms but also to the core beliefs and issues creating these. I can help you achieve greater understanding, uncover and build strengths, and develop new tools to deeply connect with and heal your inner-self.