

## MANY WAYS TO GROW PSYCHOLOGICALLY, EMOTIONALLY AND SPIRITUALLY:

### INDIVIDUAL THERAPY – INNER WORK

Individual Counseling is right for you when you've come to the point in your life when you're ready to work on yourself . . . to change patterns that have caused you pain, as well as others. You've reached a point where you are really ready to let go of blaming others or your environment, and want to begin to focus on making changes either in large or small ways.

My approach is one in which I surround you with incredible support for those aspects that are the very best of you. I am skilled in seeing patterns that are harmful, as well as characteristics that are uniquely beautiful in you.

I am a midwife in a process that gives birth to a new you ... inviting a You to emerge that has been waiting patiently in the wings to be acknowledged.

### COUPLES WORK – LEARNING TO DANCE WITH ANOTHER

Before couples work can begin, both individuals must understand at even a basic level that the other is not the source of dissatisfaction. It takes two to tango ... and this fundamental understanding lies at the core of all successful relationships.

Once we know that we project our own inadequacies onto the other, it is possible for our partners to become fellow sojourners on this path and even wonderful supporters of our own unique challenges for ongoing growth. As Eckhart Tolle says, "We don't enter relationships to become happy; we enter relationships to evolve."

In this work, the couple learns how to connect in ways that heighten trust, safety, deep listening skills and intimacy.

### PARENTING AND FAMILY THERAPY

Building on some of the principles above, the couple becomes a united front that combines their own unique perspectives on parenting for the benefit and modeling for the family. Families together can learn how to support the best in each other, how to provide space for each other's voices, and how to resolve conflict in a way that empowers each member, in the family and in the world at large.

### GROUP THERAPY – A LABORATORY FOR HUMAN EVOLUTION AND GROWTH

Imagine being part of a family that holds up the best of you, and sees those qualities in you that you have neglected or failed to recognize. For over 35 years, I have provided insight-oriented adults a way to overcome depression, anxiety and a host of other symptoms. By providing a safe environment for risk-taking, I build small group communities that learn to care for one another. Join us and be part of a loving-kindness community and learn to love yourself with the support of a healthier family model.