



Individual therapy

In individual therapy, the client and I work together to understand and improve the client's quality of life.

Counseling and therapy for individuals can help you:

- ❖ Explore current concerns, problems and issues
- ❖ Explore how you cope with problems
- ❖ Review what has helped or hurt in the past
- ❖ Develop more effective coping strategies
- ❖ Get in touch with your inner strength
- ❖ Discover what makes you successful and happy
- ❖ Use what you learn to develop strategies that can help in daily life
- ❖ Successful communication with others
- ❖ Release anger, pain, and loss without using self destructive behaviors
- ❖ Increase your self image
- ❖ Understand and gain relationships skills
- ❖ Trust yourself and others
- ❖ Discover the whys of actions and decisions
- ❖ Make healthy lifestyle choices
- ❖ Identify and overcome fears
- ❖ Understand and have a better, more loving and respectful relationship with parents, friends, siblings, and loved ones
- ❖ Clarity on life transitions
- ❖ Explore desires, dreams, goals and
- ❖ Clarity on education and career decision making
- ❖ Manage stress in your life
- ❖ Experience healing
- ❖ Manage depression and anxiety

