



General Counseling for Individuals, Couples, & Families



I provide counseling for individuals, couples, and families for a variety of issues, such as anxiety; depression; mood disorders; grief; marital problems; academic and behavioral problems for adolescents and children; and career exploration. I also administer a wide array of psychological assessments.

There are many different theoretical perspectives concerning counseling. Thus, it may be helpful for you to know a little about my views on counseling. The following paragraphs represent some of my reflections on counseling.

In my view of the counseling process, my role is to help you to discover an appropriate answer for the issues which you face in your life and to help you to learn ways to implement this answer. I do not view my role as one of telling you what you should do. I will encourage you to examine your own view, as well as other ways to conceptualize the situation, but ultimately, it is up to you to decide what you want to do with your life and the problems which you face.

Usually what a person shares with me, at first, is more a description of symptoms than the real problem. It is better for me to say very little and to offer only limited advice until I have listened long enough to know what is really on a person's mind. When a person begins to feel comfortable (safe) with me, he/she will begin to share what is really deep down inside. That is probably the beginning of the healing process.

We cannot change the past. Besides, the past is now an integral part of our existential present. Our past has shaped, and continues to shape, our present each day. Thus, our past is now part of us. Instead of allowing fear to cause us to attempt to suppress our past, perhaps we can learn to allow our past to be our ongoing teacher.

I look forward to the opportunity to work with you to assist you in learning about and in implementing healthy ways to address the problems which you face in your life.