

## Individual Therapy

Why do people come to individual therapy? People seek therapy because they feel that something is not right in their lives and they want help figuring out what it is and how to make change happen. Therapy offers sustained support as people navigate transition and life changes; it also offers a different and potentially creative way to look at old issues and generates strategies to tackle new challenges.

Issues people deal with in individual therapy include:

- Self-esteem
- Relationship concerns
- Depression
- Stress / Anxiety
- Loss & Death, Divorce, Ending of a relationship, etc.
- Transitions
- Job concerns
- Trauma /Abuse
- Illness
- Aging
- Creative Living

In addition, I specialize in:

- Relationships and Life Transitions
- Couples and Family Dynamics
- Shame, Addiction and Recovery