

COUNSELING

Are you having a difficult time handling the struggles in your life? Do you have a diagnosis or are you looking for a diagnosis for symptoms you are experiencing?

If you've been feeling hopeless or lost lately or struggling with a problem in your life that feels unsurmountable, therapy could help you improve your everyday life. Therapy helps you win against whatever you're battling by putting a real expert in your corner by means of a professional therapist.

If you're looking for help in improving your everyday life, individually or as a team – or for a more tailored therapy experience – you would be a great fit for our individual or couples therapy services.

I use an existential approach to counseling that incorporates many therapy models. I have experience with Cognitive Behavioral Therapy (CBT), Mindfulness Based CBT, Internal Family Systems, Emotion Focused, Solution Focused, and Positive Psychology methods. I believe you are an individual and your therapy should be tailored to you and your needs.

I use Gottman Couples Therapy for couples therapy assessments and most of the techniques taught by John and Julie Gottman.

Please reach out to me today for an assessment for individual or couples therapy or to schedule your first appointment.

Group therapy is invitation based on screening for appropriate needs of the individual/couple and current group offerings.

If you choose to join into counseling with FGMT you will not be able to initiate Hypnosis sessions during our counseling relationship. Once goals in counseling have been met, we would be able to reenter a client/hypnotist relationship after six months.