

Question 5: What are some of the areas that Therapy can help with? What areas do you specialize in?

Therapy can help you become stronger and more self-aware. Talking about your thoughts and feelings with a supportive person makes you feel better. It can be very healing, in and of itself, to voice your worries or talk about something that's weighing on your mind. And it feels good to be listened to to know that someone else cares about you and wants to help. Many people in therapy seek help for everyday concerns: relationship problems, job stress, or self-doubt, for example. Others turn to therapy during difficult times, such as a divorce.

I specialize in helping people put the puzzle of their life together. This involves addressing many different areas in one's life. I focus on how to improve relationships of all types including marriage. For many of us low self-esteem is an issue that has a great impact and is something focused on in therapy. I also work with clients' beliefs and perceptions of themselves and of their lives and how to change these perceptions to have a greater positive impact leading to greater empowerment. I help people deal with the stresses and anxieties that life brings.