Self care is vital to maintaining a vibrant life, and a supportive counseling environment can be a great beginning. We know it is a really big step, and we hope you will allow us to be part of your journey. We have created a website that offers helpful information about our services, fees, and an introduction to our clinicians. We have also included a resources tab you may find useful.

Common reasons people seek out our services:

- Identifying triggers for negative coping patterns such as anger outbursts, substance abuse, gambling, self-harm, etc.
- Working through conflicts in values and personal beliefs
- Developing coping skills and how to implement them
- Processing grief and loss
- Difficulties adjusting to various life transitions such as divorce, career changes, an empty nest, retirement or shift in roles

Contact us through our secure client portal at www.MoreResilient.com or call (888) 464-1811

A 50-minute session is $150-$200. Accepted methods of payment are cash, checks, and credit cards. We are in-network with multiple companies. Please refer to our website or call our office for more information.

Once an appointment is scheduled, an intake packet will be emailed to you. During the first and second sessions we review your history, what brought you into therapy and what you hope to achieve from our work together.

In the third session we will establish your goals and complete a treatment plan to clarify how we can work toward those goals.