Congratulations!
You are about to embark on an exciting journey of self discovery, greater awareness, insight and change. I designed this brochure to introduce you to the therapy process, what therapy is like, and how you can make your experience more beneficial.

Let me begin by introducing myself. I received my Masters degree in Social Work in 2007 from Boise State University. I joined Family Health Services in May 2010. I enjoy working with adults, couples and adolescents (ages 16 and older). I am a member of the Idaho Society of Individual Psychotherapists.

Prior to a counseling career, I was an illustrator, graphic designer, and art director in advertising.

I have learned courage from my clients, loving others from my wife, patience from raising two children, joy from our grandchildren, and laughter from our dog.

Making the decision to begin therapy takes courage. Talking with a stranger about deeply personal issues is scary, at first. I hope this brochure will give you a little extra confidence and make your experience more beneficial.

What is Therapy?
The word therapy means “to take care of.” Psychotherapy, then, is about taking care of the mind. Therapy involves gaining greater self-awareness of your thought processes (cognitions), understanding what it’s like to be you, how you perceive things, how you got to where you are now, and exploring options to solve your problems and improve your life. People seek therapy for a variety of reasons.

You feel isolated.
You feel sad, anxious or angry most of the time.
You’re still grieving the loss of a loved one.
You’re having trouble adjusting to new circumstances in your life.
You feel hopeless, helpless. You have been assaulted or abused.
Your relationships are not going well.
Your attempts to solve your problems are not working.
You need support with making an important change in your life.

Benefits of Therapy
Connect with yourself and with others.
Reduce worry and stress.
Regain normal activities.
Learn new ways to achieve your goals.
Work through problems with greater skill.
Better understand your own thoughts, feelings, and responses.
Gain greater self-fulfillment and self-mastery.
Reduce risk of relapsing.

Stages of Therapy
Beginning stage: At the first session, I conduct an assessment of what brings you to therapy. I may ask you to tell your story, describe your symptoms, what you have tried to solve your problems, how you cope, who is in your family, your work experience, from where you draw strength. Some questions may feel intimidating, irrelevant and intrusive. My impressions of your situation are needed to clarify your concerns, and ensure that treatment is focused on your issues. Next, you and I will develop a simple treatment plan together. It will state what brought you into therapy, my assessment findings, and goals for working together. Setting goals together sets the stage for ensuring effective therapy.

Middle stage: In working together, it will take time to build a therapeutic relationship, to engage fully in the therapy process, and respond to treatment approaches and methods. The number of sessions varies, often depending on severity of symptoms, engagement in the process, the client’s resources and environment.

Ending stage: Ideally, you will end therapy when you are satisfied with the work you’ve done and have reached your goals. Sometimes, clients know they are ready. There is less to say, they are effectively coping, feeling less distressed, are seeing significant improvement in their lives. Usually, appointments are tapered off gradually.

Congratulations!
for the better? Am I meeting the goals I set with my therapist? Do I feel like I’m starting to understand myself better? Do I feel more confident, more connected to others, myself, and my beliefs? Are my relationships improving?

How People Change
Therapy helps to jump start the change process. Therapists don’t change people; rather, people change with the help of therapy. Change is a process that occurs over time. The amount of time for change is different for everyone. People tend to make changes in their lives when they are motivated and fully engage in the therapy process. Change begins with having a vision for what you would like to see different in your life (vision), and a belief that you have the ability and resources to get there (“I can do this!”). Therapists walk with others in that journey. My experience has been that we make changes when:

- Our problem becomes intolerable.
- We take responsibility for our problem.
- We believe that the actions needed to make the change will be effective.
- We believe our efforts to change will be supported by others.
- We can envision a better future.

Knowing if Therapy is Working
There is no smooth, fast road to recovery. It’s a process that’s full of twists, turns, and occasional setbacks. That’s okay. It’s all part of the process. Be patient and don’t get discouraged. It’s not easy to break old, entrenched patterns. Remember that growth is difficult, and you won’t be a new person overnight. But you should notice positive changes in your life. Your overall mood might be improving. Or a crisis that might have overwhelmed you in the past doesn’t throw you as much this time.

Therapy Approaches
There are many directions for reaching your destination. Certain treatment methods are best suited for certain problems. I take a diverse and holistic approach that encompasses a person’s mind, body, and spirit. With a healthy respect for my client’s worldview, I am comfortable with integrating the whole person within a strengths-based approach. I tailor a variety of therapy methods for treating depression, anxiety, trauma, guilt, shame, relational problems, grief and loss, and phase of life problems. Cognitive-behavioral therapy reduces the intensity and frequency of symptoms by modifying dysfunctional thoughts, assumptions, beliefs, and behaviors. EMDR therapy (Eye Movement Desensitization and Reprocessing) is used to address disturbing life experiences. EMDR stimulates information that allows the brain to process the experiences. (www.emdr.com) Gottman Couples Therapy is a structured, goal-oriented, scientifically-based therapy designed to increase respect, affection, closeness, and resolve conflict through greater understanding. (www.gottman.com) Mindfulness therapy is learning simple mind-body techniques to become more aware of your thoughts, inner resources, and better respond to life’s challenges.

Insurance and Payment Options
We accept all major health insurance plans, including Blue Cross-Blue Shield, IPN, Medicare & Medicaid (ID & NV) and TriCare. A sliding fee discount is offered with qualifying proof of income. No one is refused care based on inability to pay. Our experienced staff is ready to assist you with any questions concerning insurance and payment.

Making an Appointment
A referral from your medical provider is preferred. We also take self-referrals. Please allow 24 hours for processing. We ask that you call to schedule your appointment yourself, or as a parent/guardian.