Welcome to my practice. *Crossroads Counseling* is a place where coping skills are taught and solutions are discussed to address ongoing problems or sudden changes. My philosophy is that one’s beliefs about themselves and a situation greatly influence the outcome of a problem and how effectively someone copes with that issue. Allow me the privilege to share and teach you the skills that are helpful to experiencing life with more tranquility.

***What to expect on your first appointment.***

When you arrive at the office, you will be greeted and offered a cup of tea. Then you will complete some forms, so that I may learn more about you. We will review your paperwork and I will answer any questions that you may have and discuss further what brought you to therapy at this time and identify some preliminary goals.

***Duration of therapy:***

Because therapy is highly individualized, then there can not be a set number of visits to determine that therapy has been effective. Whether you come to therapy several times or for several months the depth and duration of therapy depends on the nature of your goals.

***Cost of service***

I do not accept insurance. Fees are based on a sliding fee scale and will be determined during our initial phone contact prior to scheduling the first session. I expect to receive proof of income at the first session, if this is not possible; fee adjustments will be made accordingly.

**Session length**

Office hours are by appointment only.The therapeutic hour is about 50 minutes.

**Risks and Benefits**

 There are risks as well as benefits of therapy. There are no guarantees with counseling. Talking about unhappy events or stressful issues can be overwhelming for some. Talking to a stranger about memories or ongoing stressors can be intimidating. Exploring relationship issues, outdated beliefs or ineffective coping mechanisms is a gradual process. Do not get discouraged if you do not experience immediate emotional relief or demonstrable change in your relationships or other life circumstances.

Some issues are much harder to treat than others are. Sometimes unknowingly the problems that exist between you and another will arise during conversations between you and myself.

Clients come with a mixed set of assumptions, expectations and fears of change that are hard to relinquish. My role as the therapist is to confront those feelings and actions. And that can sometimes be painful and upsetting.

The benefits of therapy have been well documented. You may learn better ways to handle stress, conflict and difficult people or painful situations. The acquisition of improved communication and coping styles have been reported to to result in an improve sense of well-being.

***Training and Work History***

As a Licensed Marriage and Family Therapist that means that have been trained to help people learn how to adapt to problems that impact their relationships and their personal lives.

I have a Master’s degree in Psychology from Chapman University. I have worked in the nonprofit sector for the nearly ten years. My experience includes working with people who have chronic illnesses such as Multiple Sclerosis, the elderly residing in long term care and living independently. I have also assisted couples and individuals in an outpatient setting.