

## Individual & Couples Counseling

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When you are in crisis or frustrated, confused or having difficulties in your life, you may want help in figuring things out. You may want to know the cause of your problem, and you certainly want to see your problem resolved quickly, safely, and productively.

I often find that individuals have a hard time seeing the truth in a situation, and this prevents them from resolving the problem. That's why intuitive counseling is such an amazing experience. I spell out the problems and obstacles you are confronting and then suggest practical actions that create resolution. I can figure out the way to take your blinders off and still create a safe space for you to work out your issues.

My counseling approach works well for individuals and couples. By putting the core problem on the table you can address it, heal it, and move forward!