

For New Clients

Therapy is a cycle of healing, recovery, empowerment, and transformation. It's a journey about you that we go on together. Most of the time we go back into the past and uncover/recover the authentic you that got lost. We will move from false beliefs to new, healthy beliefs. New thoughts lead to new feelings. Below is a list of principles we will follow.

Adapted from the work of Daniel Fisher, MD, PHD www.power2u.org

Recovery principles

1. People need to believe they can recover in order to recover. I have hope for you & I will help you find it.
2. Trust is the cornerstone of recovery. I will be trustworthy.
3. Self determination is important. I will help you learn about your authentic self.
4. Having Dreams and Following them is essential.
I believe in your dreams.
5. Connecting with other people is critical to joy.
I believe you are lovable and capable of love.
6. All Feelings are valid. I will help you make sense of and learn from your feelings.
7. Everyone deserves respect and dignity. I will treat you like the precious person that you are.
8. There is always a reason for our behaviors. I will help you understand the things you think and do.
9. You can speak your truth. Your words are valuable.