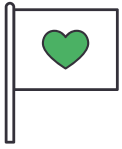


THE BENEFITS OF THERAPY

Everyone who works with a therapist does so for different reasons. Because we're each so unique, therapy is a very personal experience. It's essential to commit to attending sessions and to be ready and willing for the work that takes place during sessions. Your therapist is there to support you in working towards making positive changes that impact your life, health and wellness.



Manage Life Transitions

Adjusting to the changes and uncertainty that come with age can be challenging. Asking for help can be difficult or even scary for some people. Therapy is an opportunity to have a trusted person support you in exploring ways to maintain or increase health and happiness despite experiencing big life transitions or coping with change.

Think of therapy as a mind sharpening tool. Weekly sessions can engage your brain in critical thinking and problem solving with in-depth conversations about your unique life experience. For anyone who would like to increase social interactions, a therapy session can help to foster connection and belonging.



Cognitive Health



Stress Management

Stress is a natural part of the human experience. However, chronic stress is toxic stress and can lead to a host of problems that range from the physical to the mental. Therapy offers a chance to slow down and take a closer look at the stressors in our lives so we can explore ways to cope and increase stress resilience and well being.

We're never too old to stop learning about ourselves. The relationship between client and therapist supports the understanding of our inner world—what motivates us, what scares us, what we value, how we see ourselves and what contributes to how others see us. This understanding increases our capacity for positive perspective, self-esteem, empathy and compassion.



Increase Self Awareness



Build Resilience

All humans are naturally creative, resilient and whole. Traumatic and difficult experiences can shift perspectives of ourselves and the world at the deepest level. Spending time in therapy validates our feelings and experiences. The role of the therapist is to listen without judgment and support you no matter what you say or how you feel.