

INSIGHTS COUNSELING
Orleans ON.

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(613)830-6027

The Individual

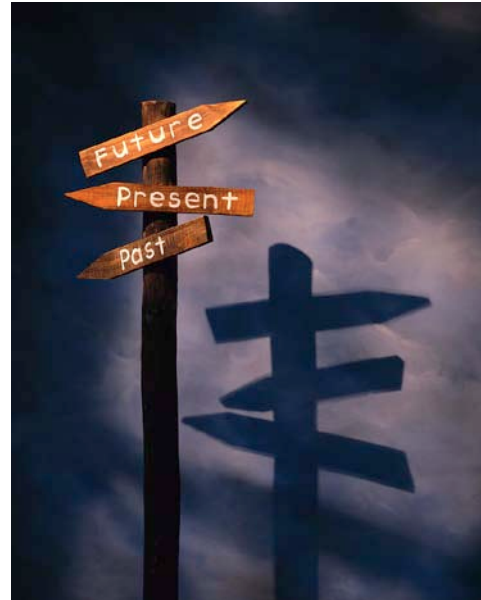
- Coping with Change
- Grief and Bereavement
- Coming to understand yourself better
- Despondency and Depression
- Anxiety
- Career decisions

Couples

- Marital and Premarital Counseling
- Relationship building
- Communication skills
- Conflict Resolution Skills

The Family

- Marital and Premarital Counseling
- Skills that help in resolving family conflicts
- Improving Family Communication



**Confidential, Professional
Counseling for -**

**The
Individual,**



Couples,



Families



FAQ's

Ques.1 What is Counseling ?

Ans. Counseling is a process of helping people work through problems or life issues. The counselor serves as a trained, skilled resource that can assist in problem or issue clarification, provide proven techniques for problem solving, techniques for viewing things in different perspective, methods for conflict resolution, and aids for identifying the client's unique strengths and personal resources.

The counselor will also have access to contacts in the community should there be a need .

Ques.2 How Does It Work ?

Ans. The counselor works with the client to examine all the various factors and aspects that are contributing to the present life situation. Using a variety of counseling techniques and tools, the client is helped in moving toward positive change.

Ques.3 How Long Are the Sessions?

Ans. Sessions are one and a half hours (1.5 hrs) in length; and are scheduled at two week intervals. However, there is often homework assigned between sessions that help in moving toward positive life change.

Ques. 4 How many sessions?

Ans. Counseling is typically done in blocks of four (4) 1.0 hour sessions with a progress evaluation at the end of each 4 session segment.

Depending on the issue or problem being dealt with , 4 to 10 sessions are frequently sufficient.

Fee Structure: Session Fees are assessed on a sliding scale geared to income.

About The Counselor:

- Masters and Doctorate in Counseling
- Undergrad and Associate Degrees in Business (Management Science Major) and Chemical Technology
- Masters level studies in Child & Adult Development, Marriage & Family Therapy, Cognitive Behavioral Therapy.
- Certificate in Marriage Counseling , American Association of Christian Counselors (AACC)
- Board Certified Counselor, (AACC)
- Certified Psychotherapist, Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists (OACCPP)
- 20 years counseling experience

Contact

Insights Counseling

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to book an appointment

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Also visit our website at :

www.insightscounseling.com