

Statement of Offerings

Contributed by Leslie Karsner

More info...

Laurie has experience in the areas listed below. She is accepting new clients and always welcomes referrals. Play Therapy with Children ages 3-17 Experience with children of divorce, and children who have experienced neglect or sexual abuse. Children with behavioral and social adjustment issues. Teen clients including teens suffering from anxiety and depression. Couples Therapy Premarital evaluation Relational issues Life cycle event adjustment ie) getting used to being empty nesters Divorce planning-what's best for the kids Joint parenting advice Individual Therapy Grief/loss Anxiety Depression Job change/ crisis Self Improvement Family of origin issues including how to differentiate from parents Individual life cycle adjustments Sessions are available in one hour increments. Session times may be adjusted according to client's needs. In addition, Laurie is willing to speak to groups on a variety of topics. If you decide to make an appointment for an individual therapy session, here is what to expect. The initial meeting will primarily consist of taking a thorough history of the problem and any precipitating factors. I will then take a history of your family of origin, going as far back as you can recall. I will be looking for family patterns as well as birth order and history of mental illness, substance abuse and violence. I will ask questions about current relationships, work and social activities to get a clear picture of your life. Finally, we will mutually set goals for what you want to accomplish for therapy and when we will know therapy is finished. Individuals come to therapy for many different meetings. There may be a specific crisis that prompts a visit or a long standing issue that you would like to resolve. Some people come to therapy for personal growth or because they just don't feel their life is how they want it to be. Therapy can be a place to learn how to modify one's thinking, think of problems in different ways or just have someone objective to talk to. At times, individuals come to therapy to discuss problems in their marriage. As a general rule, this is less helpful than couples therapy unless there are issues of safety involved. If you are unhappy in your marriage yet want to stay married, I will encourage you to bring your spouse to sessions over time to work on the relationship together. This concept may also apply in other family situations. While the individual may be the focus of attention, it may be helpful at times to bring in other family members and I will discuss this with you if the need arises. As always the number of sessions depends on progress and readiness for change. Typically you will know when you are done and people frequently come for a series of sessions, take a break and return when they are ready to look at different issues or progress to another level.

More info...

(http://video.google.com/url?docid=1746964808435924885&esrc=rss_searchfeed&ev=v&len=93&q=family+therapy&srcurl=http%3A%2F%2Ffuncutvideo.aol.com%2Fvideos%2F8dbaa9781ed36b8759b937dd80c11e30&vidurl=http%3A%2F%2Fvideo.google.com%2Fvideoplay%3Fdocid%3D1746964808435924885%26q%3Dfamily%2Btherapy&usg=AL29H20rTx6VMkPu_2hZIPWJ5Ruj-3Jmpg) Given the choice between a therapist and a classic movie...2 min - May 25, 2007 Give me Laurel and Hardy any day! Growing up, my family used classic movies as family therapy. That should have been a sign that I would become a ravenous movie fan when I grew up. My friends and colleagues are well acquainted with my mania and I regularly use film in my work as a campus minister. When someone asks, "What's your favorite movie?" I just laugh. As if I could narrow it down to just one. - submitted by AOL Video Uploads user syzygy121b

Darlene is in residency at the CTS Counseling Center and is a life coach. She specializes in personal professional growth and development as well as lifestyle change. Please feel free to contact her for a complimentary coaching session and for information about the services she offers. Call Darlene today to experience the growth you've been seeking!! Don't forget to ask about the life changing Energy Leadership Index Assessment! This is truly life transforming tool!

I help couples, families and individuals understand the patterns of thoughts, feelings and behaviors that keep them from having the relationships and the successes that they desire. I work with them to mobilize their ability and power to make the choices and changes that will make a real difference in their lives.