

Individual Psychotherapy

Individual psychotherapy involves regular one-on-one meetings with the therapist. The goal of individual psychotherapy is to help the client discover their authentic self and transform their current life challenges through the development of a strong, trusting, therapeutic relationship. We define a strong therapeutic relationship as one in which the issues most important to you can be freely discussed without judgment, in a space that allows you to experience your feelings in a safe and contained manner, and where you and your therapist are able to work collaboratively to design a set of clear and defined goals to help you implement meaningful change in your life.

Individual sessions with adults are usually 50 minutes in length. I provide traditional in person sessions as well as SKYPE or PHONE sessions.