For some people, beginning the psychotherapeutic process can be daunting. Most of the time, it is really the fear of the unknown. We are aware what you tell us is private and very personal. Therefore, be assured at the start by philosophy and training and by our code of ethics, all therapists are required to treat you with respect and with complete confidentiality.

“Will I be too nervous to clearly tell the therapist about my problems and concerns?” “Will I feel embarrassed and uncomfortable?” “Will the therapist and I click?” You can never be sure of the answer to those questions in advance. However, more often than not, after the first session you will feel more relaxed and know instinctively if the therapist you have chosen is right for you.

With regard to the techniques we use: I have never thought any one “type” of therapy is best for every individual. One size fits all rarely works. A clinician’s approach to therapy or what we call "psychotherapeutic orientation" is often as unique as that therapist. Most therapists study and receive training in several approaches, then specialize later in their professional development. This training interacts with the therapist's personality and the cultural and professional environment within which he or she practices. This combination of elements determines the unique style that develops. In my own case, I employ techniques derived from several perspectives, most notably Adlerian psychodynamics and Cognitive-Behavioral theory.

In Adlerian psychotherapy, one is encouraged to overcome feelings of insecurity, develop deeper feelings of connectedness, and to redirect their striving for significance into more socially beneficial directions. Those in treatment are challenged to correct mistaken assumptions, attitudes, behaviors and feelings about themselves and the world. Constant encouragement on the part of the therapist helps to stimulate patients to attempt what was previously felt as impossible. The growth of confidence, pride, and gratification leads to a greater desire and ability to cooperate. The objective of therapy is to replace exaggerated self-protection and self enhancement with courageous social contribution.

Cognitive-Behavioral Therapy (CBT) is a practical approach that seeks to define concrete goals and uses active techniques to reach them. CBT therapy looks at patterns of thinking and behavior and how these patterns are reinforced and maintained by the person within his or her environment. A functional analysis of thinking and behavior is performed. Once an understanding of symptoms and behavior is achieved, the therapist and you together devise changes in the patterns. Attention to irrational thinking patterns (e.g., automatic thoughts, catastrophic thinking) is central to this approach.

Occasionally, one person might fit a specific technique, but much more commonly, people are a combination of traits and issues which require more than one approach. It depends upon you, your past and your present. In addition, those factors may change in the course of therapy. Therefore, it is important to be flexible.

Ultimately, psychotherapy is a process which requires a mutually respectful therapeutic alliance and hard work in an effort to achieve the goal of healthier functioning within the family/relationship, workplace and society in general.