

- ✓ **Problems in your relationship or your marriage is in a crisis? Contemplating divorce?** The vast majority of divorces are avoidable. Think of something *different* you can do that may help. My clients have almost 24-hour access to me for coaching them through situations until their crisis is past. Later, we may carefully re-introduce romance and help you become more connected with and “into” one another.
- ✓ **Are you aware of the different stages of love and the role hormones play?** Counseling may help you gain a greater understanding of “love” and the different causes of conflicts due to real gender differences, and help you prepare for “realities” of marriage.
- ✓ **Feeling depressed?** Some causes of depressed feelings are: improper diet; lack of vitamins and minerals; improper hormone levels; medications; no goals and boredom. As a holistic counselor, I help you find the help you need.
- ✓ **For help with anger, or rage,** finding the major stressors and easing them is the first step. Make a plan and stop lashing out. What would your children or spouse first notice that’s better? What can you do *differently* that may help you?
- ✓ **Military?** What does the person at home do when being accountable to someone who’s been away a long time? What role does the returning soldier have in the family? How does the family adjust to the emotional trauma? Call me.

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#### Member

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Licensed Marriage & Family Therapist, # 4962  
Board Certified Professional Counselor, # 12490  
Certified Anger Resolution Therapist, # 2524-1136

REMAP™ was developed by Steve B. Reed, LPC, LMSW, LMFT  
Anger Resolution Therapy was developed by Newton Hightower,  
LMSW-ACP, LMFT, LPC, AAC

# In-Home Counseling Services



Robert N. Fisher, LMFT, BCPC, CART  
*Building Stronger Families*

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