

✓ **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. With some care we may build emotional closeness and help you be “into” one another.

✓ **With your written permission I will communicate with your physician**

or other professionals as part of your overall treatment. They would be sent brief reports of your treatment, progress and outcome, and you may limit information to be shared. Information from them may help me provide more effective treatment.

✓ **I use evidence-based treatments,**

and I am outcomes oriented which means I tailor how I do what I do for your situation. A general rule: Get results at about the third session or get a different counselor.

✓ **Feeling depressed?**

Some causes of depressed feelings are: lacking certain vitamins and minerals perhaps from an improper diet; improper hormone levels; medications; having no goals and boredom.

✓ **For help with anger, or rage,**

find the major stressors and ease them, make a plan and stop lashing out. What would your children or spouse first notice that's better?

✓ **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.

In-Home Counseling Services



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Member
Better Business Bureau
American Psychotherapy Association
American Association of Christian Counselors
International Critical Incident Stress Foundation
American Assoc. for Marriage and Family Therapy

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



Revised: 2010 May 25

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**Serving Bexar County and Surrounding Area
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