

✓ **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, # 2524-136

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



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**Serving Bexar County and Surrounding Area
Telephone & Office Sessions Available**

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You know the problem - trying to get ready, finding care for your children and plan your time and route through traffic! You now have the

convenience of relaxing at your home/office while I negotiate traffic to come to you. I may drive up to about 55 miles — Medina Lake, Boerne, Canyon Lake, New Braunfels, Seguin, and Pleasanton.

I'm a Licensed Marriage & Family Therapist, and a Certified Anger Resolution Therapist with additional training in disaster and other crisis situations. My forté is with marriages experiencing a crisis. I help people with depression, infidelity, relapse prevention for substance abuse, anger and other problems. Some people want lives closer to their Christian beliefs and values.



Couples helping each other sometimes became more "into" the other and form deeper, stronger connections!

Probationers now have better

marriages - In the first 4-5 months of this year, I helped 466 clients (mandated for substance abuse relapse prevention) with their journey to recovery. Reportedly, many came to have the better relationships they thought they would never have. They told me they chose to not take drugs nor alcohol again because doing so would have destroyed their much improved marriages. Relationships with their children were also said to be better. Other probationers were helped with marriage preparation, after which a few told me they registered for Texas' *Healthy Marriage* classes. As word spread, clients cancelled appointments with other counselors to have a few with me. My schedule was soon filled for nearly two weeks in advance.



There is a free consultation, and here is what to expect - Your free consultation, up to 15 minutes via phone, is to briefly discuss your problems and your goals for counseling. At our first session we will discuss your problems and goals in more detail, and then you will describe what would be different if the problem did not exist. Knowing where we're going, we then begin your journey.

I have specialty training in:

- ✓ American Red Cross Disaster Mental Health
- ✓ Critical Incident Stress Management (CISM). Four specialties by the ICISF (International Critical Incident Stress Foundation):
 - 1) Emergency Services
 - 2) Schools and Children Crisis Response
 - 3) Substance Abuse Crisis Response
 - 4) Workplace and Industrial Applications
- ✓ Reed Eye Movement Acupressure Psychotherapy (REMAP)

For our community I lobbied in Austin for better services for families. **As a volunteer:** I counseled parolees and their families and put together a *Building Stronger Families* program; I worked with the American Red Cross and the Center For Health Care Services in disasters, and helped people whose homes burned.

I received service awards from the American Red Cross, the Department of Corrections, and the San Antonio Association of Marriage and Family Therapists.

If you would like more information or an appointment, or speak with me about a concern, call from

9 am—7 pm. If emailing, be clear in the subject line and ensure confidentiality. Sessions are held at appropriate locations — the Woodlawn Lake office, libraries, restaurants, etc. I accept major credit cards (PayPal), cash and check. My National Provider ID (NPI) may help with reimbursement.

“I care about your situation and sincerely want you to enjoy life.”