

*Are you feeling stuck in your life?*

*Are you feeling unhappy, confused or uncertain?*

*Do you feel out of control, anxious, afraid or depressed?*

*Do you have some painful experiences that are impacting you?*

*Have you gotten feedback that your anger or attitude needs adjusting?*

*Are you having a hard time being fulfilled in your relationships?*

*Do you want to make changes but you aren't sure how?*

*Do you want objective and nonjudgmental help to sort out some personal problems?*

*Do you want a therapeutic setting that is affirming of diversity regarding sex, identity and family composition?*

Successful therapy is a process of self-examination, self-discovery, self-reflection, and self-actualization.

Psychotherapy can help you to:

- Learn how to identify and feel your feelings with more acceptance
- Learn skills to reduce anxiety, fear, shame and depression
- Feel calmer, more confident and more empowered
- Learn how to face your vulnerabilities and utilize your strengths
- Learn how to build your self-esteem and self compassion
  
- Learn strategies to identify and communicate your needs and wants
- Increase self-care and awareness of the needs of your whole body
- Identify negative thinking and self-talk that interferes with your potential
- Increase self-understanding and emotional intelligence
- Identify unhealthy or destructive coping strategies and develop healthier ones
- Understand the difference between approaching a problem with curiosity verse judgment
- Understand and dismantle the blocks to you feeling stronger
  
- Resolve issues from your past that may be causing you distress
- Address painful issues and concerns
- Heal from any abuse, PTSD or trauma
- Process micro- or macro- aggressions
- Reduce your stress
  
- Learn how to deal with your own and others' anger
- Learn assertive, direct and respectful strategies to better address conflict
- Learn how to define and maintain healthier boundaries in your relationships
- Learn how to more easily receive support, care and compassion
- Learn how to be more present and connected in your life
- Learn how to become more of the person you want to be

### **Collaboration**

Therapy is most successful when there is collaboration between the client and the psychotherapist. Collaboration increases trust in the therapy process, in yourself as a client, and in me as your therapist.

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Therapeutic collaboration involves a mutual:

- Understanding of your therapy goals
- Agreement about treatment methods
- Willingness to communicate openly with each other
- Agreement to bring each of our skills and strengths to the conversations
- Commitment to help you make the necessary changes to feel better and stronger

In addition to our mutual tasks, there are specific jobs for the client and for the therapist.

Being a dedicated client means you bring willingness to:

- Show up with honesty and intention
- Patiently learn about yourself
- Compassionately challenge yourself
- Risk change
- Be open to the therapist's questions, feedback and suggestions
- Transform unhelpful self-talk and behaviors
- Actively practice what you learn
- Acknowledge your accomplishments

Being a dedicated therapist means I will:

- Create a therapy space that feels supportive, reliable and respectful
- Be open to whatever you are needing to discuss
- Listen to you with nonjudgmental curiosity
- Ask meaningful questions
- Provide skilled observations and encouragement
- Offer therapeutic strategies and tools
- Acknowledge your accomplishments

Individual psychotherapy can help you to:

- Acquire fresh ways to think and feel about yourself - your past, your present, and your future
- Learn skills and strategies that maximize the strengths that you already have
- Feel empowered to make the necessary changes to be more of who you want to be

For more information contact me for a free 20-minute phone consultation.