

DANZIG Counseling Services – Mental Health Counseling

At DANZIG Counseling Services, we create a safe, confidential place to discuss all of your thoughts and feelings. You are free to be yourself, discover yourself, and improve yourself. You can speak your truth and be heard. You can change unhelpful patterns of behavior. You can explore your goals and dreams. You can fulfill your aspirations for personal growth and development.

A common misconception about therapy is that seeing a therapist is a sign of weakness. In fact, the opposite is true. The therapists at DANZIG Counseling Services will help you build upon your strengths, identify ways to overcome obstacles, and more clearly define your goals so that you can **enjoy a more productive and meaningful life!**

For ADOLESCENTS: They will find a safe non-judgmental place to sort out their feelings, **find solutions** to their problems, and learn about themselves. Our approach helps teens (and pre-teens) discover ways to overcome difficulties at home and/or at school; deal with peer pressure; grieve losses due to break-ups, deaths, or divorce; relieve stress; develop inner strengths and skills; build self-confidence; and make positive changes in themselves. We also have therapists on staff who specialize in the treatment of adolescent alcohol and substance abuse.

For ADULTS: They will gain the insights and skills to **make lasting positive changes** in their lives by identifying and addressing current, everyday personal challenges; safely exploring deeply felt sources of conflict and dissatisfaction; uncovering unhelpful patterns of behavior; reshaping significant emotional experiences; rediscovering and trusting the intuitive self; and enhancing inner strengths and resources.

For COUPLES: They will get the help they need to understand each other's feelings, resolve conflicts, and **improve their relationships** as they gain the tools to communicate better, negotiate differences, problem solve, and even argue in a healthier way. We counsel dating, engaged, cohabitating, and married couples.

For FAMILIES: They can **talk together in an unbiased setting** about problems that involve them all. Common issues discussed with a counselor in the family setting are feelings about separation, divorce, and/or remarriage; challenges of separating and reuniting a family due to the call of military duty; grief caused by a death in the family or another type of traumatic event; and the difficulties created by a family member's physical illness, mental illness, alcoholism, or addiction problem.

Referrals: Our goal is to help people receive the best possible care available. In the event that a client needs other specialized services or requires a more intensive treatment program, DANZIG Counseling Services will assist the client in finding a more appropriate therapist and/or program to meet those needs.

Confidentiality: ALL information disclosed to DANZIG Counseling Services will be kept confidential!

For more information about our mental health counseling and consultation services, please contact us at 207-893-0000 or www.danzigcounseling.com