

Improve your life

Michèle specializes
in the following:

Addiction
Depressive Disorders
Stress & Anxiety
Fears & Phobias
Trauma
Insomnia
Panic disorder
Work & Career Issues
Relationship Distress
Family Issues



Services Available

- ◆ Individual Counseling
- ◆ Children and Adolescents
- ◆ Family Counseling
- ◆ Couples Counseling
- ◆ Group Therapy
- ◆ Supervision for licensure

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**Counseling...
Is it for me?**



Am I...

- ◆ Able to laugh at myself?
- ◆ Achieving my goals?
- ◆ Optimistic about my future?
- ◆ Getting through to my children?
- ◆ Able to stand up for myself?
- ◆ Making healthy choices?
- ◆ Drinking too much or abusing drugs?

Are you as happy as you'd like to be?
Is your job fulfilling? Are your relationships vital and loving? When you look in the mirror, are you pleased with who you see? No one is guaranteed a perfect life, but sometimes we wonder, why are others getting more out of their imperfect lives than we are?

Counseling is for you if you want to:

- ◆ Improve Relationships
- ◆ Increase self-confidence
- ◆ Say "No"
- ◆ Consider new possibilities
- ◆ Stand up for yourself
- ◆ Make positive changes
- ◆ Laugh more
- ◆ Become a better parent
- ◆ Kick bad habits (alcohol, drugs)
- ◆ Say "Yes" to self care
- ◆ Move toward the life you always wanted



Michèle King



Michèle is down-to-earth, sensitive and tough. She has the ability to help you gain the clarity that is essential for you to take action to change. Her clients call her a "straight shooter." Michèle's traditional and diverse training, and 25 years of experience have taught her to not sit back and say "uhuh" **and** "uhum." Instead, she will listen and actively participate to help you find the spontaneity and creativity inside you.

Michèle's flexibility, honesty, directness and humor will help you in the process of becoming the person you want to be. She enjoys working with motivated clients.

Michèle also leads exciting action oriented groups and supervises graduate students in Mental Health, and Marriage and Family Therapy.