



# Individual Counseling

Gain the support and navigational tools you need to live the life on your terms. Individual counseling is short-term, solution-focused therapy based on your individual needs and goals.

## What is counseling?

Counseling is an individually focused process where a counselor provides the support and assistance to help you understand and solve problems and cope with mental or emotional stress. For example, counseling typically works to find solutions or tools for solving immediate problems such as learning how to communicate in a relationship with others.

Clients work one-on-one with a trained counselor, in a safe, caring, and confidential environment to explore their feelings, beliefs, or behaviors, set personal goals and make progress toward desired change.

## Why counseling?

People seek counseling for a variety of reasons, from coping with major life challenges or changes, dealing with trauma, coping with depression or anxiety, or simply as a tool for personal growth and self-knowledge.

