

Empowering Individuals and Couples to Heal Learn and Grow *With Jennifer Carey*

Whether you are an individual or couple seeking a co-pilot on your journey, my only request is that you bring a willingness to collaborate and a commitment to participate. My promise is to facilitate an authentic and trustworthy process that will help you heal, learn and grow in positive ways.

I believe in a brief and focused therapy for both individuals and couples that utilizes your strengths and strategies that work for you and will follow a framework somewhat like this.

Session 1: Intake: What do you want to work on and where do you want to be when we are finished?

Session 2: Roadmap: How will we get to the place where you want to be?

Sessions 3-5: Navigating the obstacles that are getting in the way of you obtaining your goals. Identifying the obstacles, teasing them out and empowering you to overcome them. **This is where tools and healing interventions will be implemented, taught and maintained. Many tools will come from Dialectical Behavioral Therapy, Narrative, Cognitive Behavioral Therapy, Solution focused, Existential, Couples. Homework and action items will be suggested.

Session 6: Re-evaluation: what is working and what isn't?

Session 7: How will you take this forward and apply it to your life?

Session 8: Check in and/or wrap up. Do you need more sessions? Should we consider another modality or someone else? Is this a good time to wrap up? Culminating Activity, Gratitude OR decide to keep working together.

**Please contact Jennifer at
jen@jenniferhcarey.com or 978-414-5121
for more details.**

