



mindset

BY KAREN STEWART, MA

new location, same commitment

This issue I am taking the liberty of departing from the topic in order to share some news that is very exciting to us. On November 1st we relocated our offices to Suite 220 at 811 Ninth Street. We are now on the second floor of Ninth Street North.

For the past six years we had enjoyed a cozy space in the office of Dr. James Dykes, of Integrative Health. Our association was a mutually beneficial one, but both of us were feeling the need to expand. David and I were fortunate to locate a suite of offices that meets our needs and allows us to stay in the Ninth Street area. While we miss our friends in Jim's office, we are very pleased with our new space. When the dust from the holidays settles we plan to have an open house. If you would like to come by and check out our new space, leave a message with your name and address on our answering machine and we will be happy to send you an announcement.

This change in location has provided an opportunity to reflect on our practice and to renew our commitment to each other and the work we do. For more than 25 years, we have served as counselors to hundreds of individuals in a variety of treatment settings. We have worked with children, adolescents, college students and adults in individual, group and couples therapy. It is a privilege to be entrusted with the private concerns of our clients. We feel profoundly grateful to have found work that we find deeply rewarding and fulfilling.

Several years ago we developed a mission statement and it still rings true today:

- We are committed to providing quality psychological and consulting services in an environment that is safe, warm, and inviting.

- We are concerned about rising health-care costs and strive to provide services in a manner that is affordable, but does not sacrifice quality of care to meet the restrictions of unreasonable health-care plans.
- We believe that the most important aspect of counseling is the quality of the relationship between therapist and client. We place utmost importance on collaboration and open communication in our work.

David and I met in a master's degree training program in clinical psychology at Trinity University in San Antonio, Texas. We both went on to a doctoral program at the University of Tennessee. David completed the program and interned at McLean Hospital in Boston. I completed four years of the program. Our training was eclectic, including cognitive behavioral, existential, humanistic, and a variety of family and systems theories, but was primarily based in a psychodynamic perspective.

Practically, this means that we believe each person is shaped by their previous experiences and the meanings they ascribe to those experiences. When we meet a new client we want to know as much as possible about their history—physical, emotional, and spiritual. We strive to see the world through our client's eyes. We hope to be able to develop a deep and respectful understanding of each person and then to offer new perspectives or alternatives to help them work through the effects of traumatic experiences, feel more joyful, cope more effectively, and find meaning in their lives.

We invite you to call if you feel we could assist you to:

- Explore your thoughts, feelings, past and present
- Understand the forces that have shaped you
- Imagine how you want to change
- Learn new skills and behaviors
- Create a more satisfying and fulfilling life. **h&h**