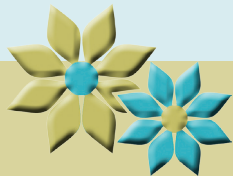


Common Family Stressors

School (academic performance, bullying)
Sibling Conflict
Grief & Loss (divorce, death, relocation)
Blended Family Issues
Alcohol/Substance Abuse (parent or child)
Defiance (failure to follow house rules)

Common marital issues

Parenting Style Differences
Communication
Extended Family Relationships (in-laws)
Emotional Intimacy & Sexuality
Parent-Child Conflict
Finances
Depression & Anxiety



To Schedule an appointment,
call **(240) 253-7051**
You may also obtain information about
all of our services and fees.

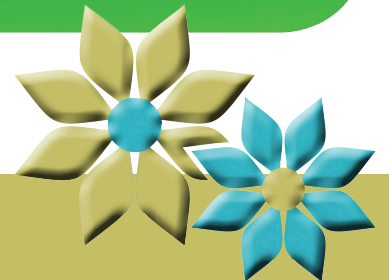
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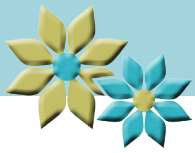
109 LaGrange Avenue
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Family & Couples Therapy Services





Family Therapy

We are born into families and then go on to create our own families. So doesn't it make sense to address family issues as part of any counseling? In the context of family counseling, marital and individual issues are easier to identify and to begin to sort through.

When problems arise in your family, the origins may be difficult to isolate. You may wish for a closer, more harmonious family but issues have arisen, such as:

- ✿✿ My child has become more defiant and is having trouble at school
- ✿✿ My spouse seems distant and even hostile to me
- ✿✿ Our children are choosing sides in the family arguments
- ✿✿ There is alcohol or substance abuse in our family

In isolation, the best and most complete solutions are rarely found. A therapist can best understand the communication patterns of a family by observing them first hand, as opposed to relying on reports after the fact.

To put it another way, if you needed to get the steering fixed on your car, would you just bring in the steering wheel or would you bring in the whole car? The best repairs take care of the *whole system*, as well as the individual parts.



Couples Therapy

The responsibilities of an average family often include work, raising children, visiting relatives, maintaining a home and managing finances. With so many demands, a couple can become stressed, irritable and emotionally distant.

When there are disagreements about how to manage the demands of your life, the stress can be hard to manage.

Things can change for the better. When both partners are open and willing, a new way of relating is possible. There can be:

- ✿✿ Open and honest communication in an atmosphere of safety and acceptance
- ✿✿ An appreciation of each other's differences and "quirks"
- ✿✿ Respectful disagreements that lead to compromise
- ✿✿ Mutual support in times of crisis
- ✿✿ Trust
- ✿✿ Forgiveness
- ✿✿ Affection
- ✿✿ Calm

