

Counseling

Individuals who seek out counseling are proactive. They identify that something is not working in their lives and want to do something about it. There is a strong commitment to personal growth and well-being. They are willing to invest in themselves and take action. In so doing, they learn what is hurting them and what they can do to solve it. I am your guide in this process. I listen with compassion and offer insights and direction. Listed below are areas that I specialize in.

Receive Help with:

Personal Challenges

Heal difficult emotions: depression, anxiety, grief, or resentment
End negative behavior patterns and addictions
Solve repeated problems with health, money, career, or relationships
Trust your feelings and be your authentic self

Family Problems

Adjust to divorce and remarriage
Create a strong blended or single-parent family
Assert yourself in controlling relationships
Solve conflicts with your children

Relationship Issues

Heal problems in your marriage
Create loving and intimate relationships
Release draining and unsupportive relationships
Solve reoccurring conflicts, issues, or themes

Difficult Transitions

Navigate successful changes in your life
Grieve losses and make peace with endings
Work through confusion and make important decisions
Adjust to new stages in your life: young adult, midlife, and retirement

Job and Career Concerns

Identify your strengths and talents
Address political dynamics at work
Manage career changes and new directions
Find work you enjoy that is in alignment with who you are

Communication Breakdowns

Open up healthy lines of communication
Identify and stop manipulations
Establish healthy boundaries
Learn direct, honest, and assertive communication

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