

WEST COUNTY PSYCHOLOGICAL
ASSOCIATES' PHILOSOPHY

We believe that individuals and systems:

- Are capable of permanent change.
- Function best with clearly defined authority that stems from a family systems hierarchy.
- Are accountable for both positive and negative aspects of behavior.
- Achieve success by conscious choices that lead to strength and development of personal responsibility.
- Control their environment by establishing boundaries consistent with their values.

We assist individuals/systems to implement change by:

- Helping to establish order within the environment.
- Meeting consistently in a collaborative relationship to achieve identified goals.
- Helping to identify and process significant issues.
- Aiding in resolving issues as they arise.

The result for the individual/system is the development of a strong sense of self that allows for the achievement of goals.

**WEST COUNTY
PSYCHOLOGICAL
ASSOCIATES**

**COMPREHENSIVE THERAPY
SERVICES**

*Promoting personal growth and
family wellness*

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Individual, Marriage and Family Therapy Services

West County Psychological Associates is a comprehensive mental health provider. We are a unique, experienced group of caring mental health professionals who provide psychotherapy to individuals, couples and families.

WCPA has an interdisciplinary team of therapists, which include Psychologists, Counselors, Clinical Social Workers, Chemical Dependency Specialists and Art & Play Therapists. Each therapist is uniquely qualified to address both emotional and behavior dimensions of human pain and growth. Services to clients are provided only by clinicians who are experienced and competent with that particular client population and type of problem.

The goal of our therapy services is to help each client obtain a better understanding of what interferes with finding balance in life. Through therapy, clients are able to solve problems, achieve desired goals and pursue changes that will result in the client having more control, direction and sense of grounding in his or her life.

For personal and family growth our therapy services include:

- Individual counseling for adults, adolescents, and children
- Marriage and couple counseling
- Family Therapy
- Art Therapy
- Play Therapy
- Telephone consultations
- Support Groups – Social Skills, Substance Abuse, Grief Support, Parenting, Military Spouses, Divorce

How will I know when I need to seek professional help?

If you are:

- feeling overwhelmed by loss or change in your life
- feeling unhappiness, grief, depression, aloneness, emotional pain
- wanting to fulfill your potential, seeking personal or professional growth
- a couple coping with the complexities of your relationship
- a parent seeking to understand and cope with your child's/adolescent's needs
- struggling with emotional, physical or sexual abuse
- using addictive substances
- worrying, feeling stuck and your everyday life is being disrupted.

How does therapy work?

Therapy is a process that uses specialized techniques of caring that have been designed to offer effective, long-lasting help for people suffering from a wide range of difficulties, such as emotional distress, anxiety, marital strife, fears, a significant loss, or clinical disorder. Therapy can also help fulfill aspirations for personal growth or self-improvement.

Recognizing the need for help and seeking professional therapy is a sign of both strength and your determination to live a productive and meaningful life! Working together, you and your therapist will identify your goals and agree on how you'll know when you are making progress. Therapy has one clear definite purpose: that something of positive value and constructive usefulness will come out of it for you.

As therapy progresses, a relationship is built and your trust in the therapist is established, you will actually use the relationship as an opportunity to reshape significant emotional experiences and work through problems in your life. It is the very process of trusting that it's safe to release your feelings—the good and the bad—and knowing that the therapeutic relationship permits you to safely explore deeply felt sources of conflict and dissatisfaction that will finally allow you to make lasting, positive changes in your life.