

### **Here's a little bit more about myself**

I was raised in a Wisconsin farm family, the youngest of seven children. I married young, was a stay-at-home mom with five children for many years, and currently have eleven grandchildren and a husband who is retired.

### **My strengths as a therapist**

My educational, work, and life experiences have made me aware that one of my professional strengths is that I am good at helping people who are living with the challenges of loss, change, transition, and managing healthy, loving relationships.

My experiences with people in grief after the death of a loved one have taught me that I can apply these principles to many other problems. Although I integrate concepts and techniques from various theoretical counseling perspectives, I primarily use a solution-focused approach with my clients. Solution-focused therapy shifts counseling from *problem solving* to helping you focus on *solutions*. We'll steer away from concentrating a lot on the past in favor of what you want in both the present and for your future.

You will hear me ask you during our first session "*What do you see as your personal strengths?*" My style is grounded on the assumption that you are bringing into therapy the ability to construct solutions that can enhance your life. I hope to encourage you to identify and use your giftedness to change things that you are hoping to change in a brief amount of time.

### **My "Magic Wand" Question**

You might hear me ask, "*If I had a magic wand that I could wave over you and the problem you have was solved overnight, how would you know it was solved, and what would be different?*"

It is important for you to be able to envision the change you want to see happen in your life. I believe talking about problems will produce ongoing problems and talking about change will produce change. I will help you concentrate on small, realistic, achievable changes that may lead to additional positive outcomes.

I look forward to working with you!

Julie