

Palo Alto Therapy

Psychotherapy & Personal Counseling

Clearing Life's Roadblocks

Depression, anxiety, stress: for many, these are invisible day-to-day problems that make people unhappy - often in a way they don't understand. Do you have days - or weeks - like this?

If you're seeking peace of mind, counseling can be an effective way to clear life's roadblocks. At Palo Alto Therapy we specialize in helping children and adults overcome obstacles to achieve happier lives.



Do you struggle with any of the following?

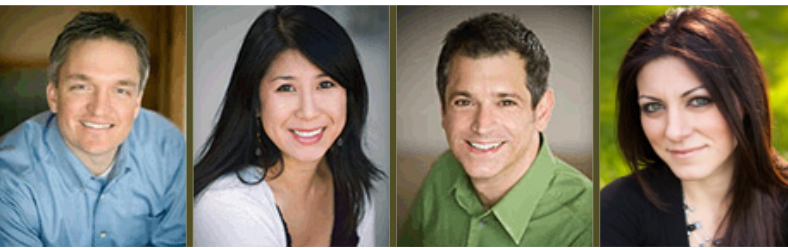
- Anxiety, worry, or panic
- Low self esteem
- Depression & sadness
- Work, school, or family stress
- Shyness & social nervousness
- Obsessions & compulsions
- General feeling of unhappiness

If so, you're not alone. The good news is that help is available and solutions may be closer than you think. We offer the necessary expertise to help you improve your mood, cope with problems, and achieve goals, all without long-term commitments to indefinite counseling.

A Direct Approach For Real Solutions

From anxiety to depression, there's almost always a way to address your symptoms. We offer patience, honesty, and a practical attitude that focuses on setting you up for today and tomorrow. Our clients find themselves motivated and optimistic about what lies ahead - and what's possible.

www.paloaltotherapy.com



About Us

For Bay Area residents, Palo Alto Therapy provides effective counseling solutions that help them work towards happier, more fulfilled lives. With both male and female counselors trained from world-renowned institutions (UC Berkeley, Beck Institute for Cognitive Therapy, Stanford University), our therapists counsel children and adults to overcome anxiety, depression, and stress. Between a client's needs and each therapist's specialized areas of expertise, we find the best match to put a client in a position to succeed.

Each session is uniquely developed to work with a client's concerns, strengths, and overall counseling goals. Using empathy and understanding, we bring all this together for a supportive and rewarding experience -- a collaborative process that can open a new path in your life.

A Path to Peace of Mind

We use Cognitive Behavioral Therapy to focus on your mood, thoughts, and actions. Through this, we can build the skills necessary for a lifetime of self-improvement and effective problem solving.

We promise a nurturing-yet-direct environment to ensure that each session is as effective as possible. We will explore problems, understand solutions, and get to know the bigger picture. It may not always be easy, but you have our commitment to your goals and your peace of mind.

**Call today to see
if we can be of
assistance:**

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