

Clear Waters Healing

with Sylvia Olney, MA LMFT PHD

Licensed Relationship Counselor and Certified nondual Healer

Call 218-259-3137

What can be gained from psychotherapy?

How could going through a course of psychotherapy improve your life?

About **ten sessions** with a psychodynamically trained psychotherapist such as myself can serve to **wake you up** to your basic approach to life and whether or not it is serving you.

Are you aware of the **relationship** between how you think and what you experience in your life?

Have you ever thought that your life and how you experience it could be **different**?

Do you find yourself feeling **depressed** or **anxious** for reasons you cannot understand?

I have been trained to help you come to greater understanding about yourself and how to live a more joyful life. The path to such a life begins with self-examination and benefits from the help of someone who will respect you and help you to **wake up** to what makes you a worthwhile person. Through encouragement as well as gentle confrontation with **what is not working for you**, you can **learn to think, feel, and live differently**. The **best** of who you already are can emerge and you can find the power to make necessary changes in your life.

Self-reflection and growth in inner harmony can improve every other relationship; you can learn to live differently in relation to everyone in your life.

*We are meant to be **happy**; we were made to be well. We are equipped to be **a source of joy** to ourselves and everyone with whom we come in contact. Life was never meant to be miserable. It is possible to experience things differently.*



Call today and make an appointment to **start a new life**. I can work with most medical insurance, as well as offering a sliding fee scale.

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