



How Counseling Can Help You

We all get hit occasionally with a life event or situation for which our usual resources prove inadequate. Or sometimes we just find ourselves stuck in the same old rut. Counseling can help you make sense of these events and move forward in your life. Counseling can also help you find reserve resources.

Joanne Wambeke, M.Ed., LPC uses conversation, guided imagery, sound, and other techniques to help you make meaning of your situation, overcome obstacles that are keeping you stuck, and take steps towards reaching your goals. Joanne creates a safe, confidential environment for you to explore your concerns or to discuss your hopes and fears. Through guided imagery techniques you tap into the subconscious mind and bring to light values, beliefs, and understandings that are then looked at with the conscious mind through conversation. Sometimes feelings cannot be expressed in words, so sound or other techniques are used.

Jin Shin Jyutsu[®], an ancient Japanese healing art, may be used in combination with counseling or independently. Jin Shin Jyutsu[®] assists in harmonizing the body on all levels – mental, emotional, spiritual, and physical.

Whether you are coping with a chronic illness, wanting to do something different in your career or life, or just have a case of the “blahs,” counseling can help. Schedule an appointment today at 303-788-9399.



701 E. Hampden Ave., Suite 225
Englewood, CO 80113
p: 303.788.9399
www.progressivehealthcenter.org