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Process of Therapy

Our first step together is to decide how you would like to approach whatever concern or question has led you to seek psychotherapy.

Is there a specific worry or concern that you want to learn how to manage or resolve? Are you experiencing more of a generalized feeling of distress and are wondering if there are new perspectives or ways to approach your life?

Some stresses have their roots in childhood and adolescence. Do you feel you've never been good enough? Do you feel dissatisfied where you are now in your life and aren't sure why?

I will help you process and approach these concerns through looking at your life currently and at events from your past, if relevant, and if you are interested.

Do you just want to feel better in general? Feel more whole and worthy? Feel satisfied with your life?

Through processing thoughts and feelings, being wholly listened to, and having a space to explore and be curious about yourself, together we grow and gain perspectives that help you reach your goals.