

## SERVICES OFFERED

Providing individual, couples and family counseling to adults and adolescents (age 13+). Group therapy also available periodically.

Treatment specialization includes:

- Therapy for Depression and Anxiety
- Couples Counseling
- Family Counseling
- **Bilingual Therapy** (English/Spanish)
- Trauma/Domestic Violence survivors
- Work and Career issues
- Stress Management
- Anger Management
- HIV/AIDS counseling

For more information, please visit:

<http://www.farriscounselingservicesllc.com>



## FARRIS COUNSELING SERVICES LLC

18221-D Flower Hill Way  
Gaithersburg, MD 20879-5333

<http://www.farriscounselingservicesllc.com>

Phone: 301-219-8559

E-mail: [nicole@farriscounselingservicesllc.com](mailto:nicole@farriscounselingservicesllc.com)

## FARRIS COUNSELING SERVICES

# IS THERAPY RIGHT FOR ME?

Individual, couples & family  
counseling

---

[www.farriscounselingservicesllc.com](http://www.farriscounselingservicesllc.com)  
tel: 301-219-8559

# IMPORTANT FACTORS IN STARTING THERAPY

---

## How to start?

The first step is to acknowledge that you've begun a powerful and brave journey to growth and self-discovery.

The second step is to recognize the benefits and risks of therapy and what therapy can do for you. For more information, please see my website at [www.farriscounselingservicesllc.com](http://www.farriscounselingservicesllc.com)

Third, choose a therapist who best fits your needs. The therapeutic relationship is unique to all other types of relationships. If I am not the best fit for you, I encourage you to contact your insurance company to obtain referrals.

Last, you may want to consider cost. I am in the process of applying to several insurance companies and will update my website as approvals are accepted. Fees are also listed on my website and I do not offer sliding-scale.

## About Me

I am a Licensed Clinical Professional Counselor, practicing in the state of Maryland. I am also a National Certified Counselor. I am a graduate of Florida State University with a Masters of Science degree in Counseling and Human Systems and a Specialist in Education in Counseling and Human Systems.

I am a client-centered therapist, which means that my therapeutic approach is to foster a supportive relationship while challenging clients to reach their full potential.

I integrate complementary methodologies and techniques to offer a highly personalized approach tailored to each client. With compassion and understanding, I work with each individual to help them build on their strengths and attain the personal growth they are committed to accomplishing.

## The Benefits and Risks of Therapy

As with any powerful treatment, there are some risks as well as many benefits with therapy. You should think about both the benefits and risks when making any treatment decisions. For example, in therapy, there is a risk that clients will, for a time, have uncomfortable levels of sadness, guilt, anxiety, anger, frustration, loneliness, helplessness, or other negative feelings. In addition, some people in the community may mistakenly view anyone in therapy as weak, or perhaps as seriously disturbed or even dangerous. Also, clients in therapy may have problems with people important to them. Family secrets may be told. Therapy may disrupt a marital relationship and sometimes may even lead to a divorce. Sometimes, too, a client's problems may temporarily worsen after the beginning of treatment. Most of these risks are to be expected when people are making important changes in their lives.

While you consider these risks, you should know also that the benefits of therapy have been shown by scientists in hundreds of well-designed research studies. People who are depressed may find their mood lifting. Others may no longer feel afraid, angry, or anxious. In therapy, people have a chance to talk things out fully until their feelings are relieved or the problems are solved. Clients' relationships and coping skills may improve greatly. They may get more satisfaction out of social and family relationships. Their personal goals and values may become clearer. I do not take on clients I do not think I can help. Therefore, I will enter our relationship with optimism about our progress.