



### About therapy with me:

Every individual is on their own unique journey and your needs differ from others. I am here to offer support as we work collaboratively on curating a plan that will best fit any issues you would like to resolve. Seeking out help can feel scary, but you deserve to give yourself a chance at making a change. I would be honored to have the opportunity to assist you in finding peace, fulfillment, and effective ways to maintain balance when life becomes difficult.

It may take time to trust the counseling process, but you can be assured that you are not alone and that I will walk alongside you on your path of change. It's important to know that you are not defined by your issues and challenges. There is a brighter side ahead.

The following concentrations and issues below are important to me.

#### Concentration:

- Anxiety & Stress
- Relationship Issues
- Anger & Frustration

#### Modality:

- Individuals: Men & Women

#### Issues:

- Behavioral Issues
- Women's Issues
- Men's Issues
- LGBTQIA+ Issues
- Self Esteem
- Trauma
- Self Control
- Peer Relationships
- Family Conflict
- Depression

#### Treatment Approach:

- CBT
- Person-Centered
- Rational Emotive Behavioral (REBT)
- Adlerian
- Solutions-Focused
- Narrative
- Mindfulness

Potential clients will have the opportunity to work with Brooke for individual counseling at a rate of \$45 per session. **This rate is available for clients that can commit to at least 10 weekly therapy sessions.**

**Next step:** Fill out a counseling inquiry via the online form at [BreakthroughSolutions.com](https://BreakthroughSolutions.com) or send an email to [WellnessTeam@BreakthroughSolutions.com](mailto:WellnessTeam@BreakthroughSolutions.com)

Brooke Williams is a Graduate Student Level Therapist.