

*** READ THIS FIRST ***

Let me introduce myself. I'm **Pat Bradley**, a licensed counselor, holistic veterinary consultant, and certified homeopath. I counsel people of all ages, providing information, resources, and personalized intuitive guidance. I use traditional and non-traditional types of therapy and problem-solving techniques. But more importantly, I help people to find the *source* of a problem, whatever that may be, and then address it at that level.

I help people who are:

- seeking **guidance and answers** in life's challenges
- feeling pressured to make **difficult decisions or changes**
- seeking support and meaning through **crises, illness, or physical difficulties**
- struggling in their **interpersonal relationships**
- longing for **inner spiritual dialogue** in their lives
- feeling stuck in **repetitive life patterns**
- wanting to use **dreams and other intuitive methods** for guidance.
- **grieving** losses of any kind

I love to empower people so they feel they have more choices and can make decisions that feel intuitively right for them. While sometimes people under stress wish there was one true answer and someone to tell them what that answer is, I give people a set of tools to give direction and help them make decisions for the rest of their lives.

Common topics are:

- **evaluating choices** when making in life decisions
- **understanding childhood** causes of current problems, and how to change them
- the **emotional or spiritual causes of problems**, and how to treat them
- how to **improve communication** in the primary relationship, as well as any other relationships.
- understanding feelings of **frustration, anxiety, guilt** and **grief**
- finding more **meaning and purpose** in life
- **meditation** and other proven methods of **stress relief**

If you think this is for you, contact Fred to make an appointment for a counseling session.