

Values Statement

As a therapist, there are particular things that I value and find to be effective in living a healthy life. I want you to know that I hold certain things to be essential for health and wholeness. I ask that you review the following values and ask yourself whether these things fit within your own value system. If you do not subscribe to the same values our work together may be in conflict. I ask that you agree to practice these values during the course of your therapy with me in order to gain the most from your therapy experience. Please discuss with me any differences so that we may decide whether or not we are a good fit as helper and helpee.

I hold the following values:

Respect: I believe that we must respect life. This includes respecting ourselves, our struggle, our symptoms, our partners, our family, our community, and our planet. I believe that actions that demonstrate disrespect to ourselves and the world outside ourselves will work against our healing and ultimate health.

Compassion: I believe that we are enriched when we look at ourselves and others through the eyes of compassion. This means that we search to understand others before we stand in judgment against them. We need not agree with others in order to hold a compassionate attitude towards them.

Honesty: I believe that unless we are honest we cannot change and grow for the better. I believe that it is more important to speak the truth than it is to look good. In our relationship with others we do a disservice to ourselves as well as to the other when we hide the truth or pretend that life is different than it is.

Growth: I believe that movement towards wholeness is natural in a healthy environment. I value curiosity and see it as essential for growth.

Openness: I believe that being open to ourselves, our fears, our hopes, and our possibilities, is the only way to begin to grow and possibly change. I believe that, after we create or assure ourselves of safety, we are enriched by being open to others. Openness with others enhances our understanding and acceptance of ourselves. It is in opening to another that we overcome our isolation and separateness. Openness allows for the possibility of relational intimacy which can be healing and nurturing. I understand that it is not always possible nor wise to be fully open. When the environment is not safe for openness our first priority must be for safety.

Strengths: I believe each individual has unique strengths that help propel them towards growth. Focusing on these strengths is as important, if not more important, than focusing on problems or weaknesses.