

Goals for Therapy

- *To discover and build on your strengths*
- *To learn effective coping strategies*
- *To identify and create the life you want*

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Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit.

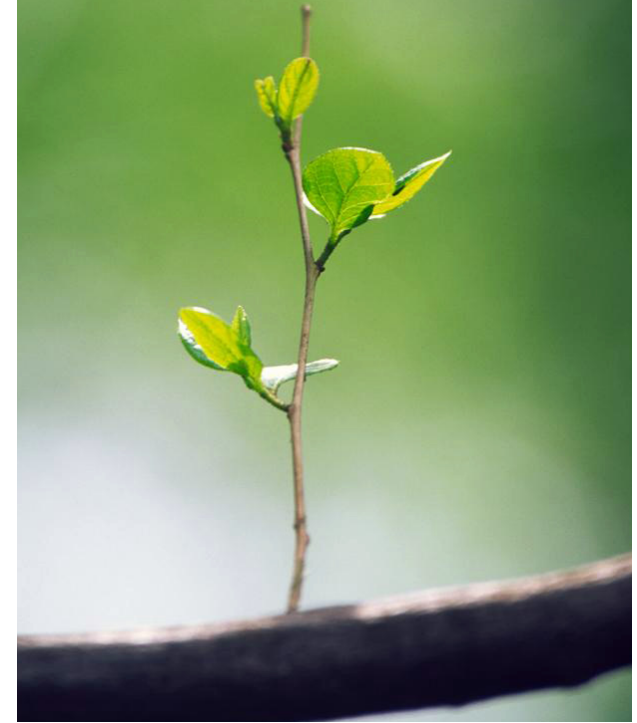
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Licensed Clinical
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Psychotherapy for
Individual Adults
& Couples



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Are you...

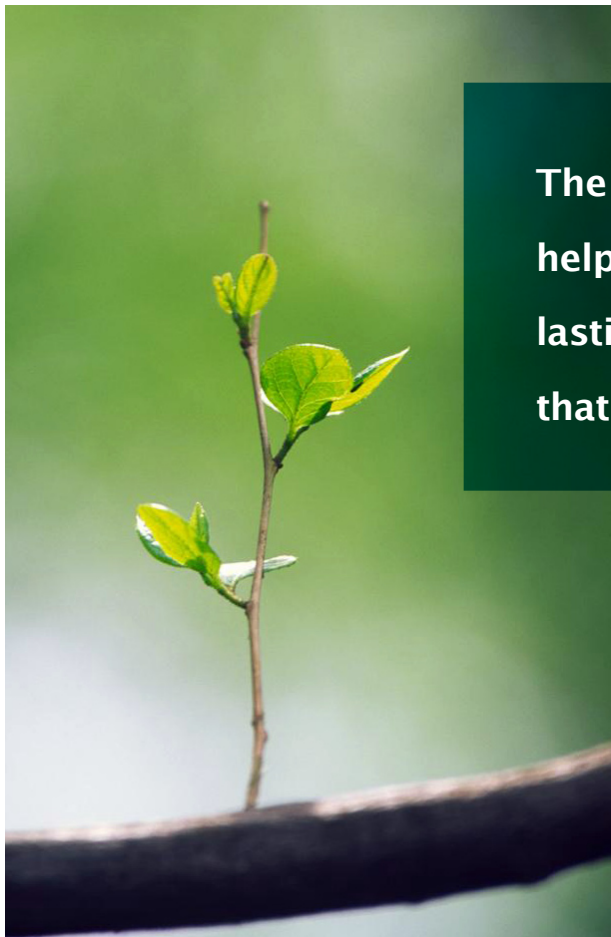
...Feeling anxious, depressed, overwhelmed?

...Disappointed in the quality of your relationships?

...In the midst of a difficult life transition?

...Suffering from serious or chronic illness?

Therapy can help!



The work of **therapy** will help you identify and create the lasting and **positive** changes that you desire in your life.

- *Explore ways to relax and release tension*
- *Learn to practice effective self-care*
- *Receive personal and practical support as you examine your life*

A trusting and collaborative relationship between client and therapist is the core of effective treatment.



I am a licensed Clinical Social Worker in the Eugene area, experienced in individual and couples counseling. The struggles in life can be overwhelming. Sometimes, you may wonder if things can ever get better—if you can heal from past hurts, get through tough situations, adjust to new realities. I would be happy to speak with you about how we might work together to benefit you and your family.

Please read my website www.sallyodonnell.com and contact me for further information or to make an appointment.

I offer a sliding scale and accept most insurance coverage, including Medicare.

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My joy is helping my clients identify solutions to problems in a supportive and safe environment.

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