

ADULT PSYCHOTHERAPY

Trying to get your life back on track? Feeling stuck, angry or depressed?

Psychotherapy can help restore a sense of direction when you find yourself challenged by major life transitions, loss, trauma, or difficult relationships. My style blends solution-focused and depth work. Solution-focused talk therapy helps reveal attitudes and patterns of behavior that may be limiting while also uncovering practical solutions to identified problems.

Depth work engages the unconscious to bring more self awareness to feelings, thoughts and actions. I invite clients to explore dreams, use sandplay or visualization to access the creative levels of the unconscious. Often innovative solutions to life's dilemmas emerge from this mixture of the solution-focused and the creative.



COUPLES COUNSELING

Some of the signs that your relationship may be stressed include:

- You are living together like roommates. The intimacy you once had is gone.
- Tired of fighting all the time, you walk on eggshells around each other.
- Unhappy and sad you've tried to get your partner to understand, but feel it's hopeless.

Whether a new relationship or a relationship of long standing, couples may reach an impasse where a neutral third party can help facilitate change. Sometimes these challenges come from within the relationship—like differing styles of communication—and sometimes they come from outside the relationship—such as financial problems caused by job instability. Whatever the source, stressors impact relationships.

You and your partner may have vastly different styles of communication, ways of expressing anger and strategies for getting needs met. Character, upbringing and relationship experiences all contribute to how humans form intimate bonds. Understanding these dynamics can help bridge differences and rebuild intimacy.



SERVICES FOR CHILDREN AND ADOLESCENTS

- Are you feeling concerned about your child or adolescent who may be experiencing problems at school or home?
- Is your child sad, withdrawn, or angry and no longer enjoying time with friends or family?
- Are you losing sleep over changes you are seeing in your adolescent?
- Has your child recently experienced a loss or trauma?

Childhood and adolescence are full of developmental and social challenges. Add to that the normal stresses and strains that come within the life span of any family and you may find a child who is having difficulty adapting. Sometimes counseling can help.

A portion of my practice is devoted to work with children and adolescents who may be challenged by social issues, depression, anxiety, low self-esteem, changes at home, trauma or developmental challenges. I also treat children who have experienced attachment disruptions with parents or primary caregivers as a result of separation, divorce, illness or other difficult situations. Depending upon the age of the child and the situation, treatment may include play therapy, sandplay, filial (parent/child) therapy or cognitive behavioral interventions.

ABOUT THE INITIAL SESSION

The initial session is a time for us to become acquainted, explore your goals and reasons you are seeking help. If you haven't been in therapy before, it is also a time to learn about the process of psychotherapy.

FEES

My fee is \$95/hr (50 minute hour). Sliding fee scale available on request. I am also on a number of insurance and EAP (Employee Assistance Program) panels.

OFFICE HOURS

I offer appointments Monday through Thursday 10:00 am to 7:00pm.

CONTACTING ME

I answer my phone when I am available. If you get my voicemail, leave me a message with your number and a good time to reach you. I check my messages frequently and I will return your call as soon as possible.

To explore how I can help you, call:

(707) 996-4416

KATE WARWICK-SMITH, MA, MFT



Since 1998 I have worked in various clinical settings including private practice, non-profit agencies and schools. I hold a Masters degree in Counseling Psychology from the California Institute of Integral Studies in San Francisco, and

a Bachelors of Arts degree in Political Science from the University of California at Berkeley.

I am a certified Critical Incident Stress De-briefer (CISD) providing onsite crisis counseling to schools and companies. I have also completed EMDR (Eye Movement Desensitization and Reprocessing) training and use EMDR with clients to address a wide range of traumatizing life experiences. In addition, I am also a Registered Play Therapist - Supervisor (RPT-S), a certification given by the Association of Play Therapy (www.a4pt.org). Requirements include five years post Masters, 150 hours play therapy education, and 5000 hours of clinical experience.

In addition to my private practice I have provided supervision and training to Masters level counseling interns at agencies in Sonoma County.



Helping Adults, Couples and Families
Find Balance and Direction



KATE WARWICK-SMITH

Licensed Marriage & Family Therapist

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