



| | | | |
|-----------|-------------------------|------------|-----------------------|
| CUSTOMER: | ASPEN FAMILY COUNSELING | PROOF TIME | 12/29/2010 9:00:59 PM |
| REP ID: | NF09 | LAST RUN: | 01/05/11 |
| DESIGNER | cwnbussj | SIZE: | 1X8 |

3 Proof Limit

Tuesday 1/4/11 11:00am





**ASPEN
Answers**

by Richard Zabriskie, MSW,
LCSW, SAC

LIVING UP TO OUR POTENTIAL

Most of us have experienced the feeling that our behavior is standing in the way of realizing the full potential and enjoyment of our lives. It may be that a habitual pattern of behavior is no longer in our best interest. We may have trouble dealing with an inner conflict. Our inability to experience, express or manage emotions may be blocking our ability to love at home, progress at work or live independently. Major disorders, such as depression, panic attacks or a phobia, may be involved. Then, there are the everyday problems, including marital and family conflicts that seem intractable at times. Counseling are/or psychotherapy offers the resources to confront our problems, know ourselves better and make choices that lead to growth.

We would like to welcome you to our biweekly column examining all aspects of mental and emotional health. We hope that you find upcoming installments to be both practical and inspirational. Our office is a unique, full-service, outpatient community resource specializing in comprehensive consultation, evaluation and psychotherapy for families and individuals. Through the work we do together, people redesign their lives and emerge with a powerful sense of self, and as a result, the ability to enjoy life in a most rich and meaningful way. Please call us at 608-742-5020 to make an appointment. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S.: The basic goal of therapy is to assist those who seek it in taking more active and effective control of their lives.

ASPEN
Family Counseling
www.aspenfamilycounseling.com