

Dr Robert Stockman

I believe in a positive style of psychological therapy. By this, I mean finding, developing, and using strengths you may or may not know you have in overcoming life's many difficulties that may be bringing you pain, sadness, and guilt. This style is straightforward and compassionate, but I also challenge you in order to help us gain an understanding of what is going on in your life.

Couples and Family Relationships

Couples and family problems often reveal patterns, habits, or ruts that you may have unknowingly created. These patterns of behavior and communication will oftentimes reinforce and maintain your problems. Helping you and your partner learn to disrupt these harmful patterns will help you see your relationship in a new light. You will then be able to learn positive forms of communication and behavior that move your relationship in a better direction.

My approach to relationship problems in couples and families focuses on combining individual strengths in order to create even stronger relationships. You will learn to create together a vision for your relationship you both can agree upon that is more supportive, trusting, respectful, caring, and loving. My couples therapy model (CTM) recognizes the couple as a separate and distinct relationship while respecting individual needs, feelings, desires, and goals. CTM helps to bring out the best in each partner. Importantly, CTM will help guide you toward reaching greater levels of satisfaction and fulfillment. You will again be able to remember and realize the hopes, dreams, feeling, and love, upon which your relationship was built in the beginning.

Areas of Focus Include:

- Premarital Counseling
- Couples Counseling
- Marriage Counseling
- Relationship Conflicts
- Parenting Issues
- Communication Skills: Hearing and being heard.
- Trust Building

Individual Issues

I also apply my positive psychological approach to working with individuals. While helping you find your personal strengths and skills, I will develop and guide you through a personal therapy plan. This plan will be designed unique to your needs and will include using proven therapies such as cognitive-behavioral therapy, psycho-educational methods, systems approaches, and existential therapy.

In addition to experience with major traumas, depression, anxiety, stress, and life adjustment issues, I have developed a number of other specific areas of interest. I have researched the opportunities and challenges facing an aging Baby Boom generation. Finding meaning and purpose in ones life and other existential concerns is another area I continue to actively research and study. Based on personal experience, I also have a focused interest in combat related and

other trauma (PTSD). Finally, I have developed individual and group programs to address these issues.

Areas of focus include:

- Life Adjustment Issues
- Anxiety
- Anger Control
- Career Transitions
- Obsessive Compulsive Disorder (OCD)
- Depression
- Grief
- PTSD
- Combat-Related Trauma

As a Certified Professional Coach (CPC), I also provide executive, personal, and life coaching.