



LIVING UP TO OUR POTENTIAL

By Judith Pollard, MSW, LCSW

Most of us have experienced the feeling that our behavior is standing in the way of realizing our 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 ability to experience, express, or manage our 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 problems that seem intractable at times. Psychotherapy offers the resources to confront our problems, know ourselves better, and make choices that lead to growth.

All one has to do to benefit from this opportunity is to ask for it.

The Associated Counseling and Recovery Center LLC, conveniently located at 551 West Johnson St., is a private, state certified, out-patient clinic offering psychotherapy and treatment for alcohol and chemical dependency for individuals of all ages. We also offer family counseling, Psychiatric evaluations, and medication management are also provided for children, adolescents and adults.