

You may want to consider therapy if you answer "true" to any of the following:

_____ I feel overwhelmed

_____ I feel stuck

_____ I have difficulty making decisions

_____ I abandon myself to be in a relationship

_____ I have difficulty with intimate relationships

_____ I have difficulty balancing work and leisure time

_____ I overreact to changes over which I have no control

_____ I judge myself harshly and have low self-esteem

_____ I have guilt feelings when I stand up for myself

_____ I take myself too seriously

_____ I have difficulty following a project through from beginning to end.

_____ I have recently moved/changed jobs and am finding the transition difficult

Mary Ann Fosco



***LICENSED CLINICAL
PROFESSIONAL COUNSELOR***

Certifications

Among my many certifications and specialties, I have my **National Counselor Certification**; received a Professional Graduate Certification in **Eating Disorders Studies**, and one in **Substance Abuse and Addictions Counseling** from National Louis University. **I am a Grief Recovery Specialist, and is certified in EMDR II, and have extensive PAIRS Training (Practical Application of Intimate Relationship Skills), and utilize EFT (Emotional Freedom Technique.)**

MARY ANN IS A MEMBER OF:

- The Illinois Mental Health Association
- Illinois Counseling Association
- Illinois Association for Couples & Family Counseling

***Mary Ann Fosco
MS, LCPC, NCC, CADC***



Psychotherapist

"My motive is compassion; my method, wholistic.

My goal is to empower an individual to achieve their full potential on a physical, mental, spiritual and emotional level."

Creating a safe harbor for change

Office: (630) 969-5339

Downers Grove, Illinois

Please call for an appointment

www.counselingwithcare.com

Person-Centered Psychotherapy

Person-centered psychotherapy recognizes that personal transformation or healing occurs **in an atmosphere of trust and acceptance**, where a **non-judgmental** relationship unfolds between client and therapist. In this **safe harbor**, clients are able **to explore the difficult life issues** which prevent them from realizing their potential. As a therapist, I serve as a **compassionate guide** rather than an all-knowing authoritarian, and gently assist the client to **discover deeper levels of self-understanding**. Depending on individual needs, I will use a more direct approach if necessary.

“Mary Ann has invaluable years of experience and insight which contribute to the **dynamic, life-changing impact** she has on her clients.” I also use *Imago Relationship Skills* as developed by Harville Hendrix, in which I take the role of a coach.

Remember:

"If you always do.....

what you've always done

You'll always get.....

what you've always gotten."

Through Therapy and Psycho-education:

*Issues that may be addressed during **individual counseling** are: Self-esteem, stress, worry, control, anxiety, mild depression, relationship issues, grief, empowerment, etc.*

My goal is to enable **individuals** to:

- Improve relationship with self & others
- Empower yourself
- Explore work/life balance issues
- Deal with co-dependency
 - substance abuse/addictions
 - binge/emotional eating

*Issues that may be addressed during **couples/marriage counseling** are: Power struggles, control, intimacy, sex, money, lifestyle, career choices, parenting, etc.*

My goal is to enable **couples** to:

- Understand the characteristics of a healthy relationship
- Communicate thoughts, feelings and expectations effectively
- Listen actively and empathetically
- Prevent and resolve conflicts
- Learn to fight fairly

Group Presentations

Please see website for topics

www.counselingwithcare.com

Therapy is meant to encourage your authentic self, and to allow a person to realize his or her full potential.

People's lives are influenced by many factors:

Experiences, environment, circumstances, relationships...

In therapy, one learns to explore these areas carefully, and in doing so, to cope, heal, change and grow in order to lead a happier, more fulfilling life.

- *to resolve past hurts*
- *to improve relationships*
- *to gain self-confidence*
- *to alleviate stress*
- *to overcome depression*
- *to develop interpersonal skills*
- *to overcome fear*
- *to manage grief*
- *to improve an ineffective family, work or personal situation*