

Who Are You?: My approach to counseling.

Helping the individual be more in control of their own life; this is the key to my practice, and this includes the counseling I do. On this web site and in your conversations with me you can learn more about my broad range of observation and experience.

I have trained in diverse ways of understanding how the human being functions. This includes how they learn about themselves and how they come to act, think, feel...to take their place in the world.

I have been a registered counselor and hypnotherapist, and in my role as doctor I am dedicated to helping people discover more about this precious gift of life. I help the person combine knowledge about their inborn character and whole-body function. Then we work on finding ways to manage their life within the domain of experience that is their world.

I do this in several ways:

1. I often draw upon assessments using Traditional Chinese Medicine, Ayurvedic Medicine, Homeopathic character typing, RAYID emotional iridology personality typing, or other models of understanding the mind-body aspects of human life.
2. I gather information about the ways their life is being impacted and restricted from full and free function. This means a variety of tests (including laboratory tests) that measure aspects of function, physically and mentally.
3. I always make a space for people to tell how they view life, their way of approaching the "Meaning of Life". I respect whatever view they have of life, whether it be pragmatic, spiritual, or just too-busy-to-think-about-it.

What We Do In Counseling: The way I approach "making progress" in counseling is to remove restrictions to function—mentally, emotionally, and physically. I can combine a variety of techniques. We can list the factors that can be worked on (see my essay "The Shackles On Job's Body") and then we can decide which will give us a satisfactory return for the effort to deal with it.

It is my experience that so-called "mental problems" can simply disappear after physical and biochemical conditions are corrected. You can expect that I will do much more than "talk therapy" in the counseling aspect of my practice. The rest of my web site will give you glimpses into the enthusiasm I have for life. I will work with you to come to a place of understanding life that is fulfilling for you (whether that understanding is of a "left-brain" or a "right-brain" nature, or a combination of these).

Life is a pathway. Enjoy the journey.