

# EMOTIONAL WELLNESS MATTERS

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Most divorcing people are forced to come to terms with a number of fears. What will people say?

Who can I trust to talk to? How can I handle my partner's anger toward me? How do I deal with my own anger? Am I a complete failure? How can I be a single parent? Will I be able to keep my children? What about money? Can I do the banking and buy groceries and pay bills and fix the car? Can I handle my loneliness? Am I completely unlovable? Will I ever love anyone else again? Do I have the energy for this much change? When we hold on to our fears and refuse to do anything about them, we increase the likelihood that these will be the very areas where we experience trouble.

**Loneliness** – The loneliness one experiences at the time of divorce can feel immeasurable. The finality of the marriage, the uncertainty about the future, and the knowledge that your partner will no longer be there to comfort you or to spend time with you, can all contribute to an empty feeling that will not go away. The clue is to change loneliness to aloneness, to change the emptiness to a feeling of peace, contentment, and fulfillment. Looking into oneself and liking what one sees is a key to making the shift

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Patricia uses her excellent client rapport and clinical expertise to help clients overcome their struggles. Her professional counseling experience includes work with children, adolescents, couples, individuals and families with a wide range of clinical issues. She utilizes a variety of approaches including: psychodynamic, family systems, cognitive behavioral and solution-focused theoretical frameworks to match her client needs.

Patricia's educational background includes a Master of Science in Counseling Psychology with an emphasis in marital and family therapy from California Lutheran University and a Bachelor of Science in Organizational Leadership from Biola University. In addition to holding memberships in several honor societies and professional organizations, Patricia obtains ongoing psychological training, specializations and certifications.