

Carl H. Shubs, Ph.D. Psychotherapist



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Personal Statement (Overview) My primary interest in therapy is in helping you to find and be your true Self. It's like in the commercial: be all you can be. This means looking at who you really are, the relationships you are in, and what stops you from having the life you want. It also means getting help in learning what isn't working, understanding why it's not working, and changing things so your life does work for you. Some people come in because they are questioning their sexual orientation. You may be in a process of self-examination and self-discovery, and you will be the one to decide what your sexual orientation and identity is rather than have me or anyone else tell you what it is. You may be in a process of coming out, and together we can consider if, when, how, and with whom you decide to do that. I will be your sounding board, your dis-information advocate, your guide, and your ally. Some people are clear and accepting of their sexual orientation and identity. They just want a safe place to be who they are and talk about the other issues in their life that concern them, whether it's about their relationships, something they're dealing with inside, or some behaviors their struggling with. You set the course and I'll help you get there.

Specialization(s): • Depression • Anxiety • Relationships • Addictions (behaviors & substances, including Sex Addiction, Gambling, and Eating Disorders)

Trauma/PTSD (including Sexual Abuse and Victims of Violent Crime) •

Gay/Lesbian/Bisexual Issues • Mind/Body

Rates: Out-of-pocket costs vary with your insurance policy. Call for more information.

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