

Jody L. Miller Counseling



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Perhaps it feels that your core self is lost and you anxiously float through life as a mere observer. Do you long to access your internal compass & sense of agency? Distressing or traumatic experiences may result in your feeling disconnected, fragmented & struggling to make sense of your identity or existence. Wish you had a resilient rudder to ride those emotional waves? Maybe your inner world is complicated and creative; it's either a secret refuge or an elaborate maze. Somewhere inside parts of you hide but need to connect & process challenges with confidence. If your whole being longs to be understood and grow, reach out. My style is dynamically gentle and direct, and I am usually a good fit for clients who are philosophical, analytical and creative. Through a relationally integrative and collaborative approach, I help deep & complex thinkers address problematic dissociation, existential depression, generalized anxiety, relationship challenges, grief and identity confusion.

Specialization(s): lesbian, gay, bisexual, dissociation, anxiety, existential concerns, relationship concerns, career

Rates: \$160

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