



Life strategy and  
relationship counseling  
for couples, families  
and individuals

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**"Authentic Living"**

**The Problem**

- \* A well-developed "false-self"
- \* "Chameleon" approach to relationship situations
- \* Fear of being "found out"
- \* Feeling like an impostor
- \* Competence on the job but no confidence in relationships
- \* Not knowing how you feel
- \* Repeating patterns which have not been useful
- \* Feeling like an observer in your own life

**The Solution**

- \* Be all of who you are
- \* Give your life from the inside out
- \* Find lasting solutions to conflicts
- \* Be satisfied with your relationships and your efforts
- \* Live and love...fully
- \* Learn to love being known
- \* Your life is worth it

**The Process**

- \* "It takes two to know one." Enter into a process which promotes living in integrity.
- \* Discover what has been in your way. Learn to recognize and make use of available resources

**Depth Psychotherapy, Sacred Psychology**

Valerie Noll Licensed Marriage & Family Therapist

Licensed Mental Health Counselor

23 years in independent private practice

Responsive, competent, ethical. Individual and relationship therapy.