



## Sam's Story...in her Words

Hi, my name is Sam K.

As someone who has had negative and/or neutral experiences with multiple previous therapists prior to my referral to the Center for Child Counseling, I had very low expectations for the services they provided. To say that I was pleasantly surprised by the therapy I received would be an egregious understatement.

Before I began services, I was emotionally overwhelmed by severe anxiety and major depression. My stress levels were so high that I felt unable to function in any capacity. It was difficult for me to do anything but care for my children's needs and do activities with them. I struggled with any social encounters and leaving my house. I would skip meals for days, then binge eat for days. I struggled to find any time for myself or my husband outside of motherhood.

**Other than tending the kids, I was glued to my couch and always exhausted.**

I barely slept. I had frequent suicidal thoughts and lost control of myself once in a blind rage and realized that I couldn't live like that for another second. That's when I pursued a referral for therapy.

Being paired up with my therapist changed my life. She was professional, uplifting, and provided numerous ideas and techniques for me to reduce my anxiety and depression. During therapy services, I had two major deaths in my family, and I became the caregiver for my 90-year-old grandmother with dementia. To say that my life improved would be misleading. But thanks to the invaluable insight and encouragement from my therapist, I was able to not only survive the curveballs life kept throwing at me but also to address current events head-on without my anxiety or depression taking over.

## **My therapist also helped me heal from much of my previously unaddressed trauma.**

Together, we navigated and analyzed parts of my childhood and familial relationships in ways that gave me feelings of understanding, resolution, and closure. I am now better able to handle previously negative relationships by setting much needed boundaries.

I have re-established a consistent sleeping schedule and healthy diet. I have forged new and healthy friendships and make time for myself and my husband. I am better able to assess and arrange my priorities to achieve my goals.

For the first time in my life, I am now pursuing the career of my dreams, financially secure, and actually believe in myself. I feel confident and capable. Prior to therapy, those feelings were infrequent and fleeting. Now, they're my "new normal." My overall mental state and quality of life are so dramatically improved, it's hard to quantify. My depression feels all but gone. And I am so much better armed in the ongoing struggle with my anxiety, that most panic attacks are brief, controlled and I can feel them coming before they happen.

In many ways, therapy has been absolutely everything I had hoped for to help me heal and become a better, stronger person. I am excited about my future, and I am not letting my fears stop me. Ending therapy is bittersweet because it's been such a positive force in my life that I'm going to miss it. However, I know that I am ready, able, and excited to move into my next chapter.

I am so grateful for this empowering experience, it has truly been a blessing. Thank you so much for doing what you do.

Sincerely,  
Sam K.