

Therapy Topics

- Current struggles
- Past pain, struggles, trauma
- Future hopes, concerns
- Beliefs/Values
- View of self, parts of self (archetypes)
- Sexuality/Gender
- Emotions, coping and regulation
- Positive/negative thinking
- Coping with and accepting reality
- Attitude
- Relationship/Social issues
- Family of Origin
- Seeking wisdom/guidance
- Morality, ethics, altruism
- Spirituality, Purpose, Meaning
- Grief/Loss
- Self-Awareness
- Mindfulness/Meditation