

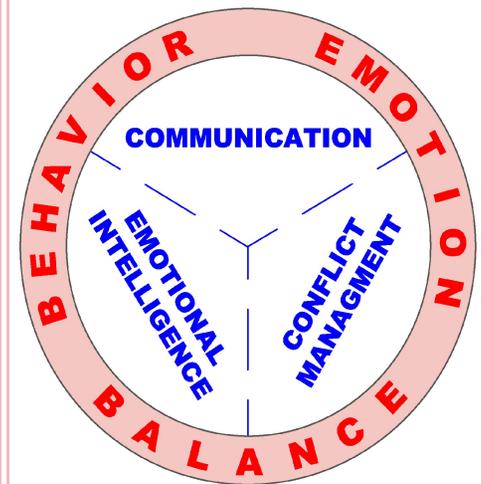
Dick Kessler has been working with clients to increase their personal satisfaction and effectiveness in their lives for more than ten years. Other experience includes providing individual, couples, family, and group counseling to those dealing with a wide range of issues and problems. Dick is a Licensed Psychologist (#4709) and Licensed Professional Counselor (#0405) in New Jersey. He also continues a more than 40-year involvement in a career outside of counseling and coaching.

For Additional Information
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PROFESSIONAL COUNSELING AND CONSULTATION SERVICES



**FOR ADULTS
ADOLESCENTS,
COUPLES &
FAMILIES**

ISSUES

Anxiety, depression, grieving and loss, post-traumatic stress disorder, stress reduction, coping skills, emotional intelligence.

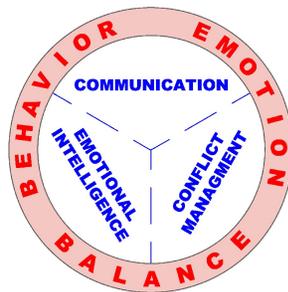
Relationships, marital conflict, parenting, co-parenting after divorce.

Anger management, conflict resolution, spouse abuse.

Career, communication, interpersonal effectiveness at work, program development & consultation.

METHOD

Coaching and/or counseling provided during individual, group, couples, and family sessions.



Based on need, coaching, short- and long-term counseling methods or a combination may be used.

APPROACH

Sessions are individually designed to **HELP YOU ACHIEVE YOUR GOALS.**

Strengthen known and learn new **SKILLS** to achieve an effective balance between your behavior and emotional experience.

Cognitive, behavioral, and supportive strategies are used as appropriate.