



The difference between coaching and psychotherapy:

PSYCHOTHERAPY: Focuses on processing feelings and emotions, gaining insight into patterns and interpersonal relationship, and managing clinical issues of depression, anxiety, thoughts of suicide, PTSD, or any other diagnosis. Best for identifying and working through unresolved emotions, anxiety, addiction, family of origin issues, trauma, grief, and relationship patterns.
** Can include coaching aspects as well.

COACHING: Directive, dynamic and goal-oriented. Based on accountability and taking the action-steps necessary to achieve your desired results. Coaching helps you find clarity, make decisions, and get “unstuck.” More solution-focused in order to optimize your way of being in life. **Does not work with family of origin or crisis issues.

How to find a therapist near you:

American Association of Marriage and Family Therapists:

<http://www.therapistlocator.net/iMIS15/therapistlocator/>

Psychology Today therapist listing:

<https://therapists.psychologytoday.com/rms/>

For California Residents:

<http://www.counselingcalifornia.com/>

Domestic Violence Info + Resources:
(you may be able to save a friend's life by knowing this info!)

The chart below is a way of looking at the behaviors abusers use to get and keep control in their relationships. Battering is a choice. It is used to gain power and control over another person.

Types of DV: Power and Control Wheel

<http://www.domesticviolence.org/violence-wheel/>

The Cycle of Abuse

<http://www.galsusa.org/cycle-of-abuse.php>

Your Personal Bill of Rights

http://media.wix.com/ugd/be808f_eec16fc0b55f4c57a0f41fbc604bfed4.pdf

Another version of the Personal Bill of Rights

<http://www.fccsra.org/a-personal-bill-of-rights.html>

National Domestic Violence Hotline:

1-800-799-7233 and TTY 1-800-787-3224

I hope these resources help you find the support that you need.

Abundant Blessings,

A handwritten signature in black ink that reads "Jessica Ruby." The signature is written in a cursive, flowing style.