

which service is for you?

- I build trust through eye and visual cues
- I can easily get to Capitol Hill
- I need a private, safe and comfortable environment
- I have access to the Metro
- I have some intense emotional issues to deal with

in-person

- I have trouble arranging childcare
- I can't get away from the office during the day
- I'd rather do the work in my fuzzy slippers
- I want fast, focused relief and results

phone

- I enjoy getting constructive feedback from my peers
- I will benefit from the educational aspects of group discussions
- I respect the combined wisdom & experience in a group
- I am glad to share 'airtime'

group

- I do a great deal of traveling for work or pleasure
- I do my best thinking in the middle of the night
- I have trouble scheduling around obligations
- I express myself best in writing
- I have one, specific issue I need to resolve

email