

## WHERE IS THE CENTER FOR EMPOWERMENT?

### Dr Arlene Unger, PhD

Lic. Psych. (PSY 15383), since 1997

Wellness Coach, since 2006

Executive Coach, since 2003

Nutrition Cert., since 2003

Sports Psych., since 2006

*plus*

SAP, MFCC, ADTR, CCDCC, CEAP

*also see*

<http://therapist.psychologytoday.com/37017>

**[www.realpsychsolutions.com](http://www.realpsychsolutions.com)**

Visit us online for practical therapy and wellness coaching information and resources. We have a discussion of the differences between counseling and coaching, lots of *free* information, resources and articles, as well as the Real Psych Solutions Store, where you can buy articles, MP3 "audio tapes", and narrated workbooks on various popular psychology coaching, and self-help topics.

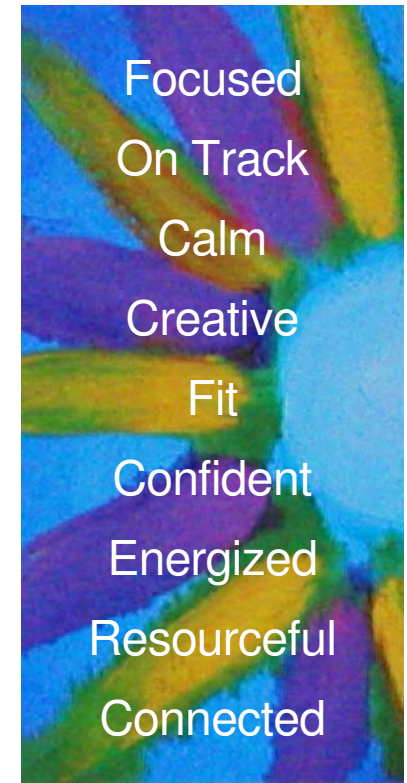
### The Center for Empowerment

**34052 La Plaza Dr #107**

**Dana Point, CA 92629**

I-5 exit into Dana Point, continue north on PCH, just past Golden Lantern turn right into Dana Point Plaza. Park and go through the breezeway of the Plaza Pacifica building. Turn right and go to the end for Suite #107.

# Want to be?



**Empowerment  
Counseling  
Can Help  
Get You There !**

## WHY EMPOWERMENT COUNSELING?

Change is inevitable

Problems are complex

Stress is a part of living

It's hard to stick to goals

Trauma can strike at any time

No one is impervious to ups and downs

Loss is universal

No one had perfect parents or teachers

Genetics

We can't always go to family or friends

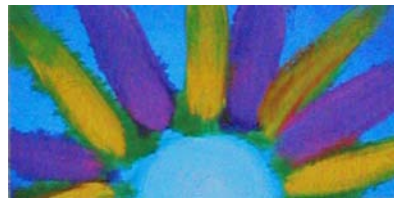
Family or friends may not have the best answer

You may not need medicine

You may need medicine

*In other words...*

***You may need an integrated approach to mental health from someone who has decades of diverse experience!***



## WHAT IS EMPOWERMENT COUNSELING?

*An appropriate blend of:*

Cognitive/Behavioral & Positive Psychotherapy

Wellness Coaching

LifeStyle Management

Nutritional/Fitness Appraisals

Self-image & Relationship Guidance

## HOW CAN EMPOWERMENT COUNSELING HELP?

Work-Life Balance

Focus & Mindfulness

Health/Nutrition/Fitness Goal Planning

Eating Disorder Support

Addiction Management

Stress Reduction

Mind-Body Rejuvenation

## WHEN SHOULD I BEGIN EMPOWERMENT COUNSELING?

*When I or someone I love is:*

Stuck and Depressed

Confused

Chronically Impatient

Hyperactive

Perfectionistic

Co-dependent

Insecure and/or Paranoid

Distracted and Irritable

Fearful

Addicted

Self-destructive or Abusive

Moody and Resistive

Fatigued

Indecisive

Socially Withdrawn

Binging/Purging

Obsessive/Compulsive