

Hii!

This New Year 🎉🎊 2024 I am resolved to practice gratitude daily - either in writing or sharing aloud with someone. What are you resolved to do?

More and more I realize the incredible power gratitude practices have to shape our thoughts, feelings, and relationships. The research is clear and I know that when we practice gratitude together at the start of our sessions you feel its power too.

In 2017 when I started this private practice I was newly married, a baby on the way, used a corner of my bedroom as an office, and a stack of boxes as a desk. I was in a huge growth phase of life and while exciting was also incredibly scary. I wanted to feel grateful but my own personal history of trauma often interfered with my best intentions.

Fast forward to today and I feel overwhelming gratitude for the opportunity to build relationships with and support so many people virtually over these past 6+ years. Some days it is harder to find gratitude than others but the more energy and attention I spend on it the easier it becomes.

*In the new year I am thinking about adding different session lengths to my private pay options. Would you be interested in a 90min or 2-3 hour intensive session? This allows us to take a deeper dive on complex traumas or relationships that are in crisis.

**Reminder that when you schedule your first session you receive a FREE .pdf '*Check-in & Chill: The Couples Guide to Healthy Communication*'. This one of-a-kind resource was developed using the best research on how to help couples stop their endless pattern of conflict and feel more connected. Explore 15 pages of detailed step-by-step instruction, examples, resources to learn more, and answers for common questions.

With intention ([Bittersweet Goodbye](#)),
-Dr. Dan

Please reach out to let me know how I can help and support you! Please share [my website](#) with someone you know who may need support from a counselor OR book sessions yourself with [my online calendar](#). Available for daytime sessions and limited afternoon/evening sessions.