

Peggy's Counseling Services

Approach to Counseling

Peggy is dedicated to helping people find passion, joy and enhance the quality of their lives. Peggy works with [couples](#), [individuals](#) and [adolescents](#) to navigate through their life stages and to develop more [fulfilling relationships](#). Peggy also works with individuals or couples on [parenting and divorce issues](#). Peggy is a family law mediator and co-mediate with her husband, Douglas Wilson, Attorney/Mediator.

Peggy's approach to counseling is to collaborate with her clients to facilitate their self-insight and growth. Peggy employs different counseling methods depending upon the needs of the client. Modalities may include Imago relationship therapy, solution-focused short-term therapy, cognitive behavioral therapy and psychodynamic therapy.

Individual Counseling

Peggy provides counseling for individuals who are experiencing any of a variety of life's stresses or are in crisis. These may present as [depression](#), stress, [anxiety](#), [panic attacks](#), [grief](#), [alcoholism](#), other [substance abuse](#) or [uncontrollable anger](#). Peggy has facilitated Smart Recovery Groups which teach skills for coping with alcoholism or other substance abuse. Peggy works collaboratively with her clients teaching coping skills to manage life's challenges, focusing on healing and positive growth opportunities.

Couples Therapy

Peggy provides private Imago couples therapy for all stages of relationships. She provides pre-marital counseling for couples considering marriage or remarriage, teaching skills and tools for successful positive relationships and conflict resolution. Peggy works with the 'mid-life crisis' couple who may have an empty nest and has focused for years on the children. She helps couples at any stage in their relationship to learn skills and tools to solve problems and connect on deeper emotional levels. For couples considering divorce, Peggy helps them process how to move ahead whether together or separately. For couples seeking to enrich a good relationship, she offers Imago couples therapy.

Peggy also offers Imago Couples Weekend Workshops for couples with her husband Doug Wilson as co-presenter. Peggy considers the workshop to be the most efficient investment for couples in money and time because in just two days you learn processes, skills, tools and insights to move your relationship into deeper emotional intimacy, passion and romance.

Adolescents

Peggy works with adolescents to help them navigate through life's transitions with healthy social and relationship skills. As adolescents progress to form their identities they experience issues including those of self-esteem, anger management and resolving conflicts with peers and parents.

[Parenting/Divorce Issues](#)

Peggy works with individuals or couples on parenting and step-parenting issues. She guides parents through difficult situations. Peggy assists parents and step-parents in discussing their parenting plan, philosophy and finding effective alternatives. Some kids are more challenging than others and often these parents are in need of support outside of the 'status quo'. Peggy will assist with effective suggestions even in the most challenging of parenting situations. Issues can include an 'out of control' teenager, friendship building, conflict management and step-parent roles.

Peggy works with couples or individuals through the divorce process. Going through a divorce can be an extremely painful time. Feelings of guilt, anger and fear can surface. Peggy supports clients through the grief process involved with every divorce. She recognizes that if children are involved, a co-parenting relationship will also be of the utmost importance. Children can thrive after divorce when they have a secure relationship with parents.