

You can feel better.

The Cameron Murdock Group can help you.



Your provider wants you to get the support you need to feel your best.

You have been encouraged to contact our office to learn more about how high quality counseling can help you to reach your goals- at your own pace- with support and an individualized approach tailored to fit your needs.

Time-limited, evidence-based treatment. Many major insurance plans accepted.

The #1 recommended treatment to improve mood and coping.

Cognitive Behavioral Therapy is an effective system to help you progress to your goals and to get unstuck. You'll learn:

- ▶ The interplay between thoughts, actions and moods
- ▶ How to gain perspective
- ▶ Ways to reduce stress and to communicate effectively

Call for a free consultation:

425.405.5515

www.MyCounselorWA.com



Proudly serving Mill Creek and all of Washington State via convenient and secure online care.

