

Cynthia Anne Hale, Ph.D., Lcsw

Psychotherapy

Brief In-Depth Focused Sessions:

With an agreed-upon number of sessions, usually 8 – 12, we'll explore the underlying dynamics of a single issue, often, although not necessarily through dreams.

On-going Depth Therapy:

Weekly sessions explore the unfolding emotional dynamics of experiences and relationships over time. The therapeutic relationship develops as part of the process of change.