

What My Clients Say / Counseling Testimonials

Last Updated Monday, 28 January 2008

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Now a Successful Musician

Stefan is an exceptional counselor. I remember I came to him in our first session and said, "I just don't feel like I am living life up to my full potential." Over the next three years, in individual and group sessions, we moved through a number of misconceptions I had about myself and my relationship with music. Stefan really helped me to separate my struggles as a feeling person from the expectations placed on me as a man in this society. And he helped me quit smoking!

Stefan has also worked with my wife and I together, both before and after we were married. She and I still use the communication methods that Stefan helped us to learn.

Had I not received Stefan's help, I might still be using drugs and complaining about how my life wasn't going anywhere. As it stands, I am a national touring performer and songwriter . . . and I am sober! Indeed, many people have helped me out along the way. But I can safely say that without the help, guidance, compassion, gentle nudging, and absolute dedication Stefan showed to me as a client, I would never have opened my heart or my life to the many wondrous opportunities that have come my way.

If you are ready to stop running, Stefan will stand by your side, unwavering, as you face the things you have been running from. He is simply the best counselor in his profession that I have ever worked with. The man's heart is full of more love than I thought possible.

I've learned the joy of being a man

I used to think that because the male role is changing, this is the most difficult and confusing time in history to be a man. Stefan has helped me see that this is actually the most promising and enlightening time to be a man. I have grown in my relationships with other men, with women, with my family, and with myself. In my work with Stefan, I have learned the joy of being a man.

What
can I do now, as a benefit of counseling?

I was referred to Stefan by one of his former clients. My own life seemed to be in the rubbish heap. Nearly a year of unemployment, a relationship that had completely deteriorated to the point of utter betrayal, and I had come to the end of my financial resources. My "mission impossible:" to move out of an unhealthy relationship, start a company, and buy a new place to live. Stefan's work with me, along with the emotional support of dear friends, helped me to learn that the night is only as dark as you perceive it. Within three months of Stefan's telephone counseling, I owned my own new condominium, my business was paying for my transition, and my tortured relationship was behind me. Most importantly, I received a wisdom that will carry me and serve me throughout the rest of my life. Now I'd like to meet this man face-to-face!

Thank you, Stefan!

Hi. My name is B.

I am from Australia and moved to the US a couple of years ago. I married an American man, and was very much in love and happy, although there were always some underlying problems that I guess we never really addressed correctly. As the years went by, things seemed to collapse. My husband, who was not willing to put the work into our relationship, made choices that led to our separation. I had a nervous breakdown and completely fell apart.

This was the first time in my life of 30 years that I felt so lost, heartbroken, and rejected by someone that I thought really loved me. Never would I have thought to go see a counselor, but a really good friend of mine recommended that I see someone who has the tools, and suggested Stefan. It was difficult in the beginning, but everything was, because I could not stay focused on anything other than my husband and what he had done to me. As time went by and I began to understand myself and take care of myself, things became easier and my life started to return to some kind of normality.

Stefan has been such a great help to me. I have had the opportunity to deal with a lot of things that happened in my life that I had completely shut off, or just not paid too much attention to how they had affected some of my decisions. Although I am still not completely over my breakup with my husband, I am happy with my progress and have been able to move on and continue to grow as an independent person and to focus on taking care

of myself. And be happy...

Thanks,

B.

Dear Friend

...I figured if we couldn't figure out our relationship, it would only get harder, and would the relationship really be worth it? I felt that going to counseling was a sign of failure, and I hate to fail.

But after asking K to marry me, all the churches required we go to pre-marital counseling. I didn't like the thought of it, and eventually we found a church that didn't require it.

Then I talked to a bunch of my friends at work, who all had really great marriages. They all go to counseling! So K and I went to see Stefan.

I loved our counselor. He was very interesting, and he took a genuine interest in us. It wasn't about "what is wrong with us.” The sessions were set up as a framework for communicating. He taught us a better way to talk to each other, and the method works.

He helped me understand why I felt the way I did about certain things. More importantly, he helped me understand why K felt the way she did, things that neither of us were aware of or could articulate on our own, but once Stefan pointed it out, it became immediately clear.

Even when there was nothing wrong, he helped us get even closer. I'd go every week if I could afford it. I guess deep down I was afraid of going to counseling because I figured the counselor would automatically side with the woman and tell me I was a pig.

Stefan specializes in Mens Counseling and couples counseling. He didn't push us into areas we didn't want to go, but it was amazing where we went. Personally, I think any guy would benefit a lot from his take on the pressures on

men in society.

A Happy Married guy

T.