

OVERCOMING PAST BAD RELATIONSHIPS (Philadelphia)

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We have all been involved in relationships ever since we were babies.

Relationships with our children, siblings, parents, relatives, friends, coworkers, lovers, and spouses have all colored our lives and have contributed to the pattern and fabric of our identity and have made us what we are today.

Some of these relationships have been beneficial while others have not. In fact, some of these have been so toxic that they still adversely affect us.

Unresolved relationships and things that we wanted or couldn't change in them often cause internal and emotional conflicts and affect new or existing ones.

Isn't it about time that you addressed and resolved them with an experienced, professional and objective counselor?

We at Fairmount Associates are here to help.

Call or e-mail Jeanie Almo, a professional psychologist, hypnotherapist, and former Yale faculty member.

See our website and listing in "Psychology Today" for all of our services.

