

**A** day without depression is a huge change in some people's lives. Mental health treatment can bring optimism in the midst of pessimism and darkness. Psychotherapy introduces tools to help you cope with the exhaustion of emptiness and frustration of social anxiety. Whether your issues are related to depression or dysfunctional relationship patterns, there is hope.

**H**ope and optimism can feel like they are far, far away when you are in the midst of chronic depression.

**C**linical Psychologist Dr. Peterson is available to work with you at her office in downtown St. Charles. Patients are usually seen for longer appointments that facilitate the development of rapport. The client is more relaxed and willing to share their real self.

**P**sychochemical testing can be done on-site with the assistance of computer technology. Coordination of treatment with your health care professional is a top priority.

Dr. Pamela Peterson has 25 years of experience in the area of counseling and community college administration. Her work history has taken her from Ely, Minnesota working with displaced miners to Ironwood, Michigan as the Director of Counseling and Placement. She is available to do public presentations and workshops on issues related to self-help and mental health disorders.



Dr. Pamela Peterson is a Licensed Psychologist and is cited in the National Register of Health Service Providers in Psychology. Her academic training includes two Master's Degrees and PhD in Clinical Psychology.

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## Passing the Baton

Dr. Pamela Peterson often uses her experience in track and field to teach patients the *Grounding Technique*.

By learning this technique, you will learn to associate a sense of confidence with the physical sensations of toes crunching in your shoes, having good posture while standing, along with clear, strong breathing.

Helpful outside of the office setting, you begin to learn to transfer this sense of confidence to real-life situations (i.e. interviewing for a job) by using the same physical sensations to bring back the feelings of calm.

The baton helps Dr. Pam's patients connect the internal calm when holding the baton with the outward experience of confidence towards living.



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