

SMALL-SADLER COUNSELING SERVICE



Linda K. Small-Sadler BS, MA

The populations that I Counsel include:

Children
Families
Individual
Group
Adolescents
Multicultural
Couples

I am pleased that you have considered coming to me for counseling. Counseling is a very personal and mutual interaction between two people and should not be entered into without appropriate consideration. The following information is a brief Autobiography of who I am as a Person and a Counselor. I designed this Brochure to introduce you to me so that you will know what you can expect from our counseling session.

Personal

My name is Linda K. Small - Sadler. First let me say that I am a Christian and Jesus comes First in My Life. I am a married African American female. My husband is Harrison Sadler and is of Native American Descent. My highest degree is an MA in Psychology from Regis University. I graduated from Regis University on May 4, 2002 with Honors.

Objective

My objective is to assist clients in transforming their personal concept of reality and in so doing they will change the way they experience the world. These changes can be accomplished by working with the individuals to create positive effective approaches for being and choosing. As clients gain knowledge it will change what they believe and the way they think. When clients change what they believe and the way they think, they will change their behavior.

I am an Unlicensed Psychotherapist (LPC pending). I offer counseling services using several therapeutic approaches. My role is that of an Assistant or Catalyst for *positive* change with the goal of assisting clients on a specific problem or choice that leads towards *self-realization*.

Cultural Competence

I believe that clients prefer culturally competent therapists because they are knowledgeable of client history, how clients feel about their culture, ethnicity, sexual orientation, values, and Spiritual beliefs and how this plays a role in my effectiveness in counseling these clients.

I believe that therapists should be trained to address the needs of all people based on their *worldviews*. A *worldview*, according to Atkinson, Morten, and Sue, (1998) includes an individuals entire philosophy of life and the ways of interacting with the world of their people (p. 287). Individual worldviews may differ within groups and ethnic culture. This means that when counseling a client, I bear in mind the characteristics of *each* client.

Therapeutic Orientation

My Therapeutic Orientation is Eclectic Psychotherapy.

Included in Eclectic Psychotherapy are Faith-Based Therapy Gestalt Therapy, Cognitive-Behavioral Therapy, Solution-Focused Therapy and Multicultural Therapy. I structure the way I counsel clients based on their World-View, and their current and/or past *schemas*.

For clients who have Spiritual Beliefs, some of the tools I use in counseling are Scripture Based from the Bible. I also use Prayer in therapy upon request. I only use Faith-Based Therapy on clients with Spiritual beliefs unless it is requested by a client that is interested in Faith-Based Therapy.

During my Practicum and Internship in College and Graduate School I integrated these theories into a perspective that was uniquely my own, and I found it worked best for most clients.

Utilizing Eclectic Psychotherapy is very effective with the clients that I have counseled because it enabled me to select what is applicable according to each clients worldview (i.e. ethnicity, Spiritual beliefs or lack of, family history and dynamics).

By using components of each theory, I am able to employ the most relevant piece from the whole therapeutic continuum.

Counseling Population

The population that I counsel includes all areas of problems including but not limited to Mental Health Issues. I ***do not*** counsel clients with **alcohol or addiction issues**.

Education

I graduated with Honors from both of these Institutions:

Regis University

Master of Liberal Arts Studies
Denver, CO May 4, 2002

Metropolitan State College

BS/Human Services/Psychology
Denver, CO December 19, 1999

GPA in Major 4.0

Work Experience

During my second year at Metropolitan State College, I worked for Social Services in the Adult Protection Unit as a requirement for Practicum I (300 hours) and Practicum II (300 hours).

During my Senior Internship (700 hours) with Metropolitan State College, I worked at The Gathering Place as a Counselor Intern. I completed 1300 hours of Volunteer Counseling while enrolled at Metropolitan State College.

During my second year at Regis University I completed Practicum A (100 hours) as well as Internship A & B (700 hours) with Human Services Inc/Spirit Program. Gary Stockman, LCSW, was my Clinical Supervisor.

Clinical hours at Metropolitan State College combined with Clinical hours at Regis University Masters Degree Program total Two Years of Experience or 2100 hours.

Clinical Experience

Eclectic psychotherapy was very effective for the clients that I counseled at Human Services Inc., Spirit Program. As a requirement of Regis University Graduate Program my Practicum A (100 hrs.) and Internship A & B (700 hrs.) were completed at Human Services Inc/ Spirit Program

- Counseled low-income and homeless adolescents, men, and women.
- Taught self-sufficiency skills, helped clients examine their decision-making strategies.
- Referred clients to resources.
- Formulated treatment plans for a wide variety of mental illnesses.
- Suicide intervention, sexual abuse, incest counseling, and marriage counseling.
- Diagnosed clients using DSM-IV (Multi-Axial) Mental Health Issues.

Social Services Adult Protection Services

- Worked with at risk youth, Elderly and Mentally Ill Clients (home visits).
- Assisted Social Workers in case management/ documented case files.

I have been in private practice for five years and always welcome new clients.

Services

My services include Children, Families, Individual, Group, Adolescents, Couples, and Grief counseling.

Fees

My fee for a 50-minute counseling session is \$120.00. For low-income clients I offer 50-minute sessions based on a sliding scale (proof of income required).

SMALL-SADLER COUNSELING SERVICE

Professional ORGANIZATION:
Colorado Association of Psychotherapists

Business Telephone: 303-525-1410

Business hours: 9:00 a.m. to 5:00 p.m.

Monday through Friday

Web Site: CounselorLinda.com
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References

Atkinson, Morten, and Sue (5th ed.). (1998).
Counseling America's Minorities.
McGraw Hill. Boston, MA.

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