

My therapeutic approach is both compassionate and collaborative, with the goal of helping individuals expand their self-awareness, as well as their insight about and understanding of patterns of reacting that contribute to distress in their lives. It is through self-awareness that clients have more access to freedom, which in turn, produces a more satisfying and meaningful life.

My overall goal is to help people feel more empowered to create the kind of lives and relationships they want for themselves. I am constantly amazed at the courage, adaptability, and uniqueness of each person's story.

I invite you to call my office for an appointment. I look forward to helping you discover the tools to "Live Your Best Life!"

In peace,

Jennifer K. Sanford, M.S., MFT



JENNIFER K. SANFORD M.S., MFT

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How Can Therapy Help?

There are a number of benefits from participating in therapy. Therapy can provide an opportunity for a fresh perspective on a problem, or it can point you in the direction of alternative solutions. Many people find therapy to be a tremendous tool for managing personal growth, interpersonal relationships, family concerns, and the challenges of daily life.

Benefits of Therapy:

- Cultivate greater self-awareness
- Develop additional coping strategies
- Expand capacity for intimacy in relationships
- Experience release from the past
- Discover alternatives for dealing with depression
- Create greater self-acceptance
- Grow towards health and happiness

Hours & Appointments:

I offer flexible daytime, evening and Saturday hours in a convenient West Hartford location. To make an appointment with Jennifer, please call :

(860) 874-4805

Services Offered:

INDIVIDUALS Healing, growth and transformation can be accomplished with the help of a compassionate therapist. Common issues may include:

- Grief and loss
- Anxiety and panic
- Depression
- Trauma and abuse
- Anger issues
- Substance abuse
- Chronic mental illness
- Work-life balance issues
- Lesbian, gay, bisexual and transgender issues

COUPLES From enhancing relationships to helping couples resolve serious issues, the skilled therapist will assist couples throughout their partnerships with issues that include:

- Marital tension and conflict
- Sexual intimacy problems
- Gay/lesbian relationships
- Extra-marital affairs
- Emotional abuse
- Premarital counseling
- Communication styles
- Empty-nest issues

FAMILIES With the guidance of the therapist, families develop skills to handle a myriad of challenges including:

- Life changes--birth of a child, separation, divorce, or remarriage
- Stress from illness
- Adoptive family issues
- Anger, grief and loss
- Co-parenting, single parenting and visitation
- Blended and step-family problems

GROUPS Please call or check website for ongoing groups, which include:

- Live your best life! Establish clear, attainable goals for your life
- Mindful parenting
- Emotional eating
- From Conflict to Communication
- Ongoing support groups for children and adults

The Guest House

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all!

Even if they are a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably.

He may be clearing you out for some new delight.

The dark thought, the shame, the malice.

Meet them at the door laughing and invite them in.

Be grateful for whatever comes, because each has been sent as a guide from beyond.

~Rumi