

Asking for help, being true to ourselves, finding a level of comfort within ourselves and forming a strong emotional wellbeing are aspects of a man's life that are often overlooked or underdeveloped. Without this element of us being constructed, we may be struggling more than we need to be. We may be preventing ourselves from living our fullest life.

I have had the opportunity to work with the Veteran community for nearly two decades and I have concluded that much of what we may struggle with is more common than you may know. You can find relief in working on your emotional wellbeing and that kind of relief can unlock your potential to improve your experience and find the avenue to your purpose.

Jay White Counseling offers both in-person and telephone sessions to fit your comfort level. I can also be available in early morning, later afternoon or weekend hours. I promote an open-minded concept that will fit you specifically--using your strengths and working on pieces you want to work on--and I believe in meeting you "where you are," in life. We can move at your speed. If you want to be challenged, that is up to you. Let's do it! Time to start to get on track and enjoy life!

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Men will acquire a greater sense of self through increasing their emotional wellness. Achieving this can be done in a shared space, that is safe and free of common, every-day pressures. There are all sorts of activities, events, and opportunities that will provide skills-sharing and open dialogue for which meaningful conversations will arise. This environment will lead to richer knowledge of self and develop robust and sustainable confidence.

Though my project aims to work directly with males (and fathers, with whom I will begin), the problem being solved is for the community, at-large. A father who is able to better address his emotional wellness (and feel safe doing so), can grow and meet a more fulfilled life. This fulfilled life (or a movement toward that) would reduce relationship and domestic violence, violence in general, diminish substance use, and create a safer and more forward-moving, inclusive community.

Secondary goals include assisting these participants with an opportunity to be part of a community, to feel safe freely expressing themselves, to face fears in a healthy and nurturing way, to create a sustainable path to a balanced lifestyle, to build confidence, to increase

relationship-building skills, to find/restore/maintain a sense of purpose, to learn and/or share physical skills, to travel, to increase their life network and to give back to the community.

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We have a major problem in the United States (and in the world) and it is not getting better despite several efforts to curtail some of the negative directions in which we are going. We are in a time of increased depression, anxiety, and stress and it is affecting everyone. But there does not seem to be corrective action that is making these problems decrease. Through years of working with young combat Veterans, it is evident that there is a lack of emotional wellness with the male population. Specifically, there are issues with moral injury, complicated grief and gender role conflict. Perhaps, there is a lesser-than-ideal amount of knowledge on these topics and arguably a not-so-healthy way of handling these emotions.

I believe that when left unaddressed, these issues manifest in ways that cause a new array of problems—from poor self-esteem/self-confidence to more marked social deviance: suicide, domestic violence, and substance abu

I understand that to make strides to improve our lives, our relationships, our sense of purpose, we need to address our emotional health.

It is no secret that men tend to lack emotional awareness and that can prevent them from living their fullest life, to reach optimal wellness or to improve their attitude, outlook and self-improvement.

I provide psychotherapy and professional problem solving. Life throws us curveballs at times, and in these moments great change is possible. I aim to help people understand these moments for the sake of healing, and for building positive change. I consider it a great privilege to be part of another person's healing process. I work with adults of all ages, from early adulthood to end of life. As a professional problem solver I provide solution focused consultation when next steps in life are uncertain. I also provide in depth psychotherapy when current or life long challenges become unmanageable. I am formally trained in several evidence based psychotherapy treatments, and I tailor all psychotherapy to the specific unique needs of each client.

It can be hard to know where to start, hard to know what to do. I prioritize getting people started soon after making contact, as it is not helpful to have to wait for 1-2 months to see a provider when one finally feels ready to take the next step. I look forward to hearing from you.