

# Concise Personal Counseling



## **JOE FERGUSON, PhD**

PhD Clinical Psychology, Fielding University  
MBA, Wharton School of Business

**I** love working through a wide range of situations with people and I have found that most issues can be resolved over the course of a few weeks or months. My sessions are about 70 minutes because that's how long a complete conversation usually takes. I don't intend to see you for nearly as long or as often as you think, and you might be surprised at the range of things I will want to talk about. Your life is a lot more than your presenting complaint. A limited series of focused discussions can be very productive and I would like to have a few of them with you. I will bring a wide

range of academic, clinical, business and personal experience to our conversations.

### **You have not yet called me because:**

- You can work through the situation on your own and with the other people you already have available, as you always have.
- You are not sure what you are going to tell me you are calling about.
- You suspect that I might endlessly rehearse your dysfunctional thoughts, feelings and behavior rather than productively exploring your relationships, business, capers, aspirations, strategies and tactics for getting what you want by working with the complicated people who surround you.
- You fear the cost of my conversation, which is \$175 per 70-minute session. I don't take insurance but I can give you a super-bill if you are prepared to suffer the indignity of a formal diagnosis.

Over a short series of productive sessions I can probably add something significant to the resolution of your unique situation. Trust me. Call me.

## ***Relief, Recovery, Resolution***

\$175 per 70-minute session

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