

**SOME OF THE ISSUES
YOU MAY FACE
INCLUDE BUT ARE NOT
LIMITED TO:**

- STRUGGLE WITH LIFE PURPOSE
- DEPRESSION
- GUILT
- RELATIONSHIP STRUGGLES
- ANXIETY
- SPIRITUALITY
- PTSD/TRAUMA
- SEXUAL ORIENTATION ISSUES
- LOW SELF-ESTEEM
- PARENTING CHALLENGES
- ANGER
- OBSESSIVE HABITS
- COUPLE AND FAMILY ISSUES
- ADDICTIONS



Brian Beckett holds a Doctor of Ministry and a Masters of Arts in Pastoral Psychology from Columbia Evangelical Seminary and United Theological Seminary. He completed a two year resident program in Contemplative Psychology at Shalem Institute in Washington D.C. He is a Board Certified Pastoral Counselor with the American Association of Christian Counselors and has taught psychology and sociology at the college level.

Dr. Beckett has been honored and humbled to serve people as a school psychologist, an inpatient therapist for teens and families, and adults and couples in private practice. He is consistently inspired by those who choose to make positive, lasting changes.

Brian also is the founding lead pastor of Cobblestone Church, a non-denominational congregation that has a special heart to welcome and embrace all of God's ragamuffins who seek healing and wholeness.

**PSYCHOTHERAPY
AND COUNSELING
SERVICES**

*Step into a life worth
celebrating!*



- Adults
- Adolescents
- Couples

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CREATING CHANGES THAT LAST

Uncover your true potential and lead a life worth living!

A Note to Those Who Wonder Whether Therapy is for Them:

Coming to see a therapist is a good step toward resolving the issues you are presently facing. But it can feel kind of weird if not down right intimidating. I mean who really wants to go to some stranger and pay for the privilege of talking about your thoughts, feelings and problems? I get it. I've been on the other side of the counseling process and it was rather intimidating at first. But in time it became a life saver, a real change-maker.

My role is to help you find your own answers. I bring 30 plus years experience walking with folks as they try and figure out how to hammer out a life that not only makes sense, but that is worth living. Along the way I've learned a few things, as well as helped a lot of people take the next step in their life journey.

Contrary to popular belief, the process of transformation (which is what therapy is all about) doesn't occur over night. It would be great if we could wrap up all our issues in 24 minutes like a scripted sit-com, but that's not reality. And I'm really into dealing with what's real.

I encourage folks who are interested in pursuing psychotherapy to come in and lets spend an hour together to see if we are a good fit. Can I help you? Do you want to work with me? These are questions that need to be answered right from the start. Sometimes it's not a good fit, but most times it works out great. There's only one way to find out.

So after looking at this brochure, if you want to schedule an appointment, call (513) 932-2203 and leave a message and I'll get back with you ASAP. Or text me directly at (513) 464-1522. I can usually schedule the initial session within a week or two of your call or text.

I hope you find the help you need to take the next step in your life. Life is meant to be good for all of us.

"It takes courage to grow up and become who you really are."

~ e.e. cummings

Do you feel stuck, unfulfilled or lack direction? Do you toss and turn at night and wonder how you got here? Do you feel like your days seem to drag on forever and struggle with finding the **joy** in your life because you continually fall into old patterns that just don't work for you anymore?

I particularly love assisting my clients find that bigger sense of **purpose**, drive and direction that we all crave. Allow me to help you **step into a life worth celebrating!** My goal is to help my clients foster the courage required to move beyond merely "existing" and into truly **living your purpose.**

~Dr. Brian R. Beckett