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Congratulations on taking the courageous step to start therapy; I'm here to ensure it's a meaningful experience for you. I specialize in supporting individuals through **life transitions, anxiety, depression, and trauma**. My approach is **client-centered and collaborative**, ensuring each session is tailored to your unique needs and goals. I provide a **safe and supportive environment** where you can truly be yourself. When you're ready to begin, please feel welcome to reach out.

Through **cognitive-behavioral therapy (CBT)**, I guide you in recognizing and transforming unhelpful thought patterns. This active, skill-building approach provides you with concrete tools, helping you feel more empowered and in control of your emotions and behaviors. To best support you, I may also integrate practices like mindfulness or discuss the role of medication, always adapting to your specific needs. Your individual goals and progress are paramount. Together, we'll pinpoint challenges and develop effective strategies, enabling you to step forward with renewed confidence.

Are you struggling with **anxious thoughts and self-doubt**? I specialize in working with adults navigating **anxiety, life transitions, and self-esteem challenges**. Whether you're processing trauma, developing coping skills, or exploring personal goals, I'll partner with you to create a personalized plan for growth that feels both empowering and achievable.

I believe in **clear, open communication** to build a **supportive, non-judgmental space**. I'll practice active listening, giving you ample opportunity to reflect on your experiences with me as an empathetic partner. You can always expect me to remain calm and patient, especially when we're working through challenges.

I see therapy as a **collaborative partnership**. We'll define and set goals that are most meaningful to you, whether they involve improving relationships, boosting self-esteem, or other personal objectives. As you gain new understanding, your goals may naturally evolve, and we'll always adapt our plan to keep it relevant. I'm here to offer the **support and tools** you need to move forward, even when challenges arise.

A deep curiosity about **human resilience** and a passion for helping others navigate life's hardest challenges drew me to therapy. My graduate and doctoral training included invaluable research and clinical work with **survivors of trauma**, an experience that powerfully underscored therapy's transformative impact on recovery. This solidified my commitment to empowering others on their healing journeys. I am consistently inspired by

the belief that everyone possesses the capacity for **positive growth and change**, and few things are as rewarding as witnessing my clients gain confidence and find peace.

It's completely normal to feel a bit nervous about our first session, and I want to assure you that you're in a supportive space. This initial meeting is a chance for us to simply get to know each other. **Think of therapy as a journey we'll embark on together, building our work step by step. At your pace, I'm here to guide you through each stage of the process.**