

What I Love about Being a Psychotherapist

Life can be so wonderful and amazing, filled with joy and meaning. But I know from being with my clients and from my own personal experiences that life can also be so hard sometimes that it is almost too difficult to open your eyes in the morning. In fact, for some of us just breathing seems insurmountable at times in our lives.

I have witnessed numerous people struggle through these deeply troubled experiences. I have had my own challenges and I know there can be a way out given some empathy, care and time. I am truly passionate about being a therapist because I am not afraid of those hard, sad, or angry emotions. I can sit with them; I am willing to be with my clients as they feel what must be felt.

My personal metaphor for the type of therapy I offer is like a work in the woods. I am an experienced guide and know the different paths quite well but in the course of therapy you will have the more difficult task of walking the paths.

We all have a right to our feelings even when those feelings are profoundly difficult to experience. Sometimes we simply need someone with us as we get through the bad times. Coming through the other side feels incredible. Having the privilege to witness and help someone else in this process is a gift to me and is my life passion.

Dr. Jake Elliott