



Paulette Trueblood MA, LMFT

Psychotherapist: Marriage and Family Therapist.
Licensed: States of Connecticut and Massachusetts
M.A.: Fairfield University. **B.S.:** University of Minnesota/University of Bridgeport.
Areas of Expertise: Solution-focused brief therapy, dialectical behavior therapy, cognitive therapy. **Clinical Member:** American Association of Marriage and Family Therapists. **Fellow:** National Anger Management Association.

About Paulette

Clinical expertise guided by humanistic values. A combination of professional achievement and dedication to the strength of the family has marked Paulette Trueblood's career as a therapist. Paulette and her family have lived in the Northeast since 1971. She and her husband have three children and seven grandchildren.

- CT License # 0786
- MA License # 1745
- National Provider ID: 1902998560

ASSOCIATES
for RESOLUTION THERAPY, LLC



Short-term therapy • Long-term results

Finally, therapy that focuses on solutions, not problems...

For many people, emotional scars left from prior relationships, and negative or unrealistic beliefs about themselves, can interfere with present-day relationships. But no amount of talking, reviewing or remembering why something happened seems to help relieve the pain.

... Because life shouldn't be put on hold

Which is why we take an integrated, brief, solution-focused approach to helping individuals overcome personal fears, traumas, and concerns. We combine cognitive and behavioral techniques, nonverbal exercises, and an emphasis on solution rather than problem. So your work progresses faster, and the time you need to spend in counseling is minimized. Because no one wants to spend years, or even months in therapy — nor need they.

Is conflict ruining your relationship?

We view relationship problems as an opportunity to build more satisfying unions between partners. First, we strive to help the couple completely understand each other on important issues such as money, household responsibilities, parenting, time spent together, and intimacy. Next, we focus on strengthening patterns that work or have worked in the past. Also, we encourage each partner to be committed to his or her own growth to make the relationship work.

ANGER MANAGEMENT PROGRAM

Make your anger work for you ... rather than against you!

Face-to-face online interactive classes that link through your email on a HIPAA compliant secure web site. Includes a workbook and hand outs. You will learn to:

- Use your anger cues as a red flag to invoke coping strategies in advance.
- Decrease the biological anger response using breathing and relaxation skills
- Understand and respect the needs of others in a conflictual situation – it is OK not to agree.
- State your needs assertively, not aggressively
- Practice the process of joint problem solving.

Our methods help:

- Determine joint goals
- Achieve honest, respectful two-way communication
- Find “win-win” solutions
- Move beyond power struggles
- Balance individual, couple & family needs
- Understand relationship patterns
- Strengthen patterns that work
- Reduce patterns that do not work
- Anger management
- Money management
- Time management

“No matter how difficult the problem, each person has the resources within to change and achieve growth.”

“I will help you build and repair your relationships by developing ‘win-win’ solutions, teaching communication skills, and converting your relationship anger to a productive force.”

—Paulette Trueblood, MA.

Therapy needn't be an endless journey, but a brief renewal on the journey through life.

Paulette Trueblood, M.A., has found that much can be accomplished in therapy by focusing on the present — the here and now — where change can occur. She views a client's work with a therapist as an opportunity to define goals, to reevaluate perceptions of problems, and to reconsider responses to difficult people or situations in order to make positive changes as quickly as possible. That's her promise to you.

Marriage and family therapy isn't just for couples...

We frequently work with individuals. It is not necessary for both partners to be present during therapy for a relationship to improve. Meaningful change can occur through the examination of self-belief systems and dealing with personal emotional/behavioral issues. Using solution focus, cognitive, behavioral

Take the first step toward positive change:

A Confidential & Complimentary 30-Minute Phone Session

If something is troubling you, take advantage of this offer now: A confidential, half-hour session with Associates for Resolution Therapy includes a discussion of your current situation, obstacles, and goals. Call today at 203.254.8262



and other proven techniques, we can help with:

- Attention Deficit/Hyperactivity Disorder
- Divorce Prevention
- Relationship Repairing & Rebuilding
- Depression & Anxiety
- Assertiveness Training
- Communication Training
- Grief & Loss
- Raising Self-Esteem
- Reuniting Adult Families
- Anger Management

Are your kids and family out of control?

We offer individual and family counseling to help families and children thrive. Family strengthening work focuses on:

- Managing AD/HD in your family
- Coping when you're a single parent
- Avoiding power struggles in parenting
- Managing custody issues
- Decreasing the emotional pain of divorce
- Effective parent/child communication
- Parenting the strong-willed child

Cost-effective counseling groups:

- Adults with AD/HD — Including coaching, counseling, and support.
- Anger management groups — To learn ways to use anger as a productive force in your life.
- Dialectical; Behavior Therapy — (DBT).

Providing solution-focused compassionate help for:

- Anxiety and Panic attacks — Gaining control and helping people enjoy freedom from their fears.
- Depression — Helping individuals break the patterns of depression and obtain lasting relief.
- Stress management — Utilizing effective relaxation techniques to reduce stress.
- Self-esteem issues — Begin by honoring your strengths and unique gifts in a process of self-discovery, and overcome barriers to trusting others in the process.
- Infertility and postpartum issues — We provide support, guidance, and direction to help single parents, parents-to-be, and couples.
- Grief and loss — To help individuals embrace life in the face of loss.
- Coping with an alcoholic parent or child — Helping family members heal the guilt and trauma that result from substance abuse.
- Attention Deficit Disorder — We offer effective solutions for ADD and ADHD.

**Now offering
Secure On-line
Sessions**

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