

can you recommend a good Therapist?

Posted by ihope - 22 Jul 2012 19:24

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im looking for someone nice and friendly.

thanks!!

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Re: can you recommend a good Therapist?

Posted by mifatfait - 22 Jul 2012 19:41

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"?? ??? ??? ??????"

Just joking, but even with the best therapist we must always remember that our mental health also is from Hashem.

Right?

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Re: can you recommend a good Therapist?

Posted by ihope - 22 Jul 2012 20:00

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100%

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Re: can you recommend a good Therapist?

Posted by Gevura Shebyesod - 23 Jul 2012 03:26

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Hi IHope and welcome aboard.

Without breaching your anonymity, it would help if you could provide some general information about where you are located, and what issues you seek therapy for. Maybe someone would have specific information that you could use.

Hatzlacha!

Gevura!

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Re: can you recommend a good Therapist?  
Posted by ihope - 24 Jul 2012 11:38

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im 30 years old. married +, i have bh a very good life but like many here im suffering from the addiction. i have also OCD.

i want very much to get out of this type of life.

can anyone recommend a good Therapist? im looking for someone nice and friendly. that can do it via webcam.

thanks a lot and much hatzlach to all.

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Re: can you recommend a good Therapist?  
Posted by JustKeepGoing - 27 Jul 2012 01:15

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[www.guardyoureyes.com/therapists](http://www.guardyoureyes.com/therapists)

They have a list of therapists available, but of course a personal recommendation would probably be better. I dont know maybe this can help though.

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