



Finding Solutions
COUNSELING CENTERS

Find help for today

& hope for tomorrow





No matter what
struggle you're facing,
there is always hope.

Find Your Path to Healing

Whether you want to revitalize your relationships, heal from emotional wounds, overcome what's holding you back, or grow in confidence and self-awareness, we believe there's a path for you. We're here to help you find it.

The journey to health and wholeness looks different for everyone. At Finding Solutions, we walk alongside you, helping you navigate your unique path. We see therapy as a collaborative relationship, built on trust and empathy. Combining your strengths and our expertise, we'll help you get to the root of your problems and keep moving forward—finding hopeful solutions that work for you and your family.

WE PROVIDE THERAPY & COUNSELING FOR



Families



Individuals



Couples



Children & Teens

A Comprehensive Approach

Our mission is to provide the highest quality care and personal growth opportunities for our clients in a safe, trusting, and compassionate environment.

Finding Solutions has a team of highly trained clinicians, each with a specialized skillset. Our team works together, integrating best-practice models and cutting-edge research to provide comprehensive care tailored to your needs.

OUR THERAPY FOCUSES

- Couple & relationship problems
- Depression
- Anxiety
- Trauma & post-traumatic stress
- ADHD & ADD
- Anger management
- Obsessive-compulsive disorder
- Bipolar disorder
- Addictive behaviors
- Substance use & abuse
- Life transitions & stress
- Separation & divorce
- Parenting issues
- Academic & career problems
- Behavioral problems
- Oppositional defiance
- Developmental disorders
- Lyme disease





Find the strategies, resources, and insights to make your relationship thrive.

Restore Your Relationships

Even in the healthiest relationships, issues can sneak in that cause conflict and erode intimacy.

Our clinicians draw on the latest research to shift you and your partner toward winning relationship strategies. By helping you each identify your triggers and practice effective communication, we give you resources to understand one another, reduce conflict, reconnect, and rediscover joy and freedom in your relationship.

RELATIONSHIPS & COUPLES COUNSELING

- Couple & conjoint (two therapists) sessions
- Short-term intervention
- Multi-hour intensive sessions
- Counseling by a husband/wife team
- Co-parenting after divorce
- Infidelity & other relationship crises
- Life transitions
- Severe conflict
- Negative communication patterns
- Triggers & pre-programmed reactions
- Gottman Relational Therapy
- Emotion-Focused Therapy
- Relational Life Institute
- MRI-BT
- Faith-based counseling

Help Your Children Thrive & Succeed

Adolescent & Child Therapy

At some point, every parent faces unexpected challenges with their kids. We are here to address these challenges and help your family grow happier. Our clinicians work with children from age 3 through adolescence. Using family and individual sessions, as well as play therapy, we can help your child heal, improve behavior, build confidence, learn better social and coping skills, and flourish. We help parents and children understand each other, and heal as a family.

THERAPY CAN HELP ADDRESS

- Anxiety & lack of confidence
- Grief, loss & sadness
- Defiant & aggressive behavior
- Attention deficit & school problems
- Trauma
- Adjustment issues
- Family & attachment issues



Psychological & Educational Testing

When your child is having trouble in school, it is sometimes difficult for parents to pinpoint what's going wrong. Our clinicians combine psychological and educational testing to provide you with a picture of your child's emotional and academic strengths and weaknesses. Once you receive the results, we will recommend practical ways to play to your child's strengths to help them succeed and grow in confidence.

YOUR CHILD'S ASSESSMENT

- Learning styles & difficulties
- Attention & concentration
- Intellectual functioning & memory
- Behavioral problems
- Personality factors
- Career interests & skills

Find Freedom & Start Moving Forward

*Are you struggling with anger or addictive behaviors?
Is someone you love battling addiction? We are here to help.*

Anger Management & Adjustment Issues

Uncontrolled emotions such as explosive anger can hurt relationships and cause problems at work and school. We provide safe spaces for our clients to express emotions and learn healthy ways to handle them. In group or individual sessions, our clinicians will help identify stressors, teach calming techniques, and provide guidance through big life transitions.

Addiction Recovery

There's no one-size-fits-all approach to addiction recovery. We pull in research on addictive behaviors, but adapt our approach to your needs. No matter what kind of addiction you're dealing with, our clinicians help you take steps to break free. They also work with you to address the root causes behind unhealthy patterns, which can help you stay sober and free for the long haul.





Overcome Anxiety & Depression

Depression, anxiety, and stress can feel overwhelming and all-consuming at times. But they don't have to be. And you don't have to cope with them alone.

Our clinicians use evidence-based treatments to teach you how to manage your symptoms and help you identify and address triggers. Struggling with anxiety or feeling trapped or hopeless? We'll help guide you through to the other side so you can re-engage and move forward.

THERAPY METHODS FOR MOOD, ANXIETY & TRAUMA



Cognitive Behavioral Therapy

Change negative thought patterns & behaviors



Relaxation Therapy & Mindfulness

Focus your attention, increase awareness & reduce symptoms



Exposure Therapy

Gradually and safely confronting fears or traumatic memories

Heal from Trauma

Trauma can impact your thought patterns, emotions, and physical well-being—affecting your life in ways unseen.

If you have experienced a traumatic event, we can help you reduce the stress and dysfunction caused by these negative life events. Our clinicians use proven techniques to free you from negative emotions and triggers so you can experience life fully and joyfully.



Eye Movement Desensitization & Reprocessing

Research-based eye movement therapy that releases negative emotions connected to trauma



Natural Processing

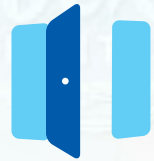
Utilizes Somatic Experiencing® to decrease the trauma that is remembered in the body where you “feel” triggered



Adult Attachment-Focused Therapy

Creates more secure attachment experience to help overcome early childhood trauma





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Ready to take the next step?

Call us at (703) 636-2888

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