Many people wonder, why the name? Why Elephant in the Room Counseling?

The answer is two-fold. First, how often have you heard the phrase, “the elephant in the room?” The expression is a metaphorical idiom for an important or enormous topic, question, or controversial issue that is obvious or that everyone knows about, but no one mentions or wants to mention because it makes at least some people uncomfortable and is personally, socially, or politically embarrassing, controversial, inflammatory, or dangerous. At Elephant in the Room Counseling, my philosophy is “let’s get to it!” You don’t want to be in therapy forever, do you? Let’s talk about the stuff you’ve been avoiding for a long time. Or maybe you don’t even realize you’ve been avoiding. But it’s there. And I want to get to the source in order to help you heal and move on with your life. Afterall, you deserve it!

Secondly, a long time ago, (like eons and eons ago) I started collecting Elephants. And boy, did I have elephants! Such a grand, formidable, docile, strong, delightfully extravagant creature!

Why Elephants? And why do I only collect elephants with their trunks pointed upward? Here’s why:

“An upward-pointed elephant trunk is said to bring energy, luck, prosperity and kindness. The elephant raises its trunk to greet friends and express happiness. Place an elephant with an upward trunk to be showered with good fortune and compassion.”

And this, my dear clients and friends, is always what I wish for each of you.

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