What is Financial Therapy?

Financial Therapy is a form of counsel that explores the thoughts and feelings about money behind the behaviors impeding financial success. It is a process shaped by therapeutic and financial competencies, and it helps people think, feel, communicate, and behave differently with money to improve their overall financial wellness through evidence-based practices and interventions.

I take an emotionally thoughtful and pragmatic approach to financial coaching/therapy. I provide clients the emotional space to talk openly about the parts of their financial life that cause shame, guilt, fear, desperation, and inaction. I work with clients to develop a healthier relationship with money, shifting limiting beliefs that keep clients stuck and empowering them to adopt better financial habits for their own benefit.

I utilize a monthly subscription model, and I do not require any commitment beyond the month you already paid for in advance. That said, I ask clients to commit to a period long enough to meet four times, each session lasting about a half hour. Together, these introductory sessions are designed to uncover key issues driving financial behaviors and, in many cases, financial outcomes.

<u>For individuals</u>

Session 1 focuses on the present: financial challenges, stressors and emotional triggers, decision and behavior patterns

Session 2 focuses on the past: childhood experiences, bad/good interactions with money, and triangulated relationships with influential individuals

Session 3 focuses on the future: your vision for your future self

Session 4 focuses on TODAY: what has changed, and what positive actions can be taken

<u>For couples</u>

Session 1 includes all three parties: a discussion on interpersonal conflicts, financial challenges and stressors, and values

Session 2 is between me and one individual: a deep dive into emotional triggers, traumatic money experiences, triangulated relationships with money/people

Session 3 is between me and the other individual: a similar deep dive into emotional triggers, traumatic money experiences, and triangulated relationships with money/people

Session 4 reunites all three: reflections on the first three sessions, an identification of common ground, and negotiated goal setting

After Session 4, we will evaluate our progress and decide on next steps. This might mean a continuation of our coaching sessions to further explore certain themes and issues, a “graduation” to a financial planning and/or investment advising arrangement, or a hybrid of the two.

Joel M. Roberts of Brescor Wealth is a Certified Financial Therapist™. He is not a licensed psychotherapist and does not accept health insurance. Please visit brescorwealth.com to learn more.