



MORE ABOUT FRAN

Francis A. Bax, MS, LMHC, CASAC

- Licensed Mental Health Counselor in New York State and a Licensed Professional Counselor in the State of Nevada with over 25 years of clinical experience in behavioral health counseling.
- Works with individuals dealing with chemical dependency, mental health issues and co-occurring disorders, depression, anxiety, relationship issues, parenting problems, career challenges, OCD and ADHD.
- Helps people who have experienced physical trauma and emotional abuse.
- Works with athletes to help them improve their sports performance and mental framework.
- Has a counseling style that's warm and interactive.
- Treats everyone with respect, sensitivity, and compassion without judgement or labels.
- Counseling approaches combine cognitive-behavioral, humanistic, motivational and rational-emotive counseling.
- Uses collaborative and systematic approaches to help clients become their better selves!

It takes tremendous courage to seek for a more fulfilling and happier life and to take the first steps towards change. If you are ready to take that step, Fran is here to support and empower you and to develop a treatment plan to meet your unique and specific needs. You will find support and explore different ways of thinking and feeling.

So take your first step today by calling me at 716.622.3600. I look forward to assisting you on your journey!

PEACE, LOVE, AND COUNSELING BY FRAN

FRANCIS A. BAX, MS, LMHC, LPC, CASAC

716.622.3600

FRANCIS.BAX.LMHC@GMAIL.COM

If you are in a life threatening situation PLEASE CALL

The 24 hour

National Suicide Prevention Lifeline at 1.800.273.8255.

Your call will be routed to the crisis center near you.

If your issue is an emergency, call 911 or go to the nearest hospital emergency room.



BEHAVIORAL HEALTH COUNSELING: FOR YOUR BEST LIFE!

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Hopeful Solutions for You and Yours!

• Is Counseling For Me?

People pursue counseling and therapy for a variety of reasons. Some may enter therapy to address major life changes, such as divorce, and others may seek help in managing mental health conditions, like depression.

There's a common misconception that people who go to therapy are "crazy," when in fact, most therapy clients are ordinary people struggling with common, everyday issues.

Many people seek counseling because they have identified specific goals or issues that they wish to work on. Others may be encouraged by family, friends, or medical professionals to seek help, and in some cases, a person may be mandated to attend therapy as part of a court ruling or by a parent or guardian (if the person is a minor).

It takes courage to attend therapy, and it takes dedication to see it through.

In many cases, the therapist and client will explore much more than just the client's presenting problem—the issue that first brought the person to therapy. The help of the right therapist can promote self-actualization, empower self-growth, improve relationships, and reduce emotional suffering.

• How can Fran Help?

- Counseling is a collaborative effort between the counselor and client. I help clients identify goals and potential solutions to problems which cause emotional turmoil; seek to improve communication and coping skills; strengthen self-esteem; and promote behavior change and optimal mental health.
- Each session with is, essentially, a problem-solving session. You describe your current situation, your feelings about it, and then I use my expertise and experience to assist you in trying to resolve that problem so you can move closer to having the life you wish to have.
- At the beginning of a session, I will invite you to share what's been going on in your life, what's on your mind, what's bothering you, or whether there are any goals you'd like to discuss. You won't be criticized, interrupted or judged as you speak. Your conversation will be kept in the strictest confidentiality. This is a special, unique type of conversation in which you can say exactly what you feel—total honesty—without worrying that you're going to hurt someone's feelings, damage a relationship, or be penalized in any way. Anything you want—or need—to say is OK.
- I will then provide you with an assignment to work on the solution that's been discussed, then after it's been tried and you attend the next counseling session, we can discuss the successes or the challenges you had. Then either the solution is celebrated or other solutions are discussed!
- We will explore your progress on a regular basis, and if possible, collaborate with your other health and personal providers to obtain feedback on your progress and explore solutions!

Providing and Encouraging Hopeful Solutions for You and Yours!

• Fran can assist you with:

- Addiction to Drugs, Alcohol, and other substances
 - Anger Management
 - Anxiety
 - Coping Skills
 - Depression
 - Emotional Disturbance
 - Gambling
 - Life Coaching
 - Life Transitions
 - Peer Relationships
 - Relationship Issues
 - Self Esteem
 - Self-Harming
 - Sports Performance and Mentality
 - Suicidal Ideation
 - Tobacco/Smoking Cessation
 - Trauma and Post Traumatic Stress Disorder
- **AND MORE!!**

FRAN WORKS WITH:

- Adolescents from 14-19 years old
- Adults
- Elders
- Families
- Couples
- Individuals
- Business Systems