

### **Intro**

Hello, I am Carol Odell. I'm a psychotherapist in private practice here in Seattle. My specialty is working with couples and facilitating groups. I also see individuals, addressing a wide range of problems and concerns.

### **What Is Couples' Work?**

Being in an intimate relationship is an incredible opportunity for growth and change. All couples experience difficulties. Old patterns and past conditioning inevitably show up in the relationship. The good news is that with help that very struggle between partners can become a vehicle for change. In couples' work, the partners' ways of interacting - their particular dance - is present in each session. It is powerful for the couple to have their struggles witnessed and explored right in the "here and now". It's dynamic and transformative work.

### **"About Groups"**

Group work is the heart and soul of my practice. It is, hands down, the most valuable experience I offer because it provides such a catalyst for change. Groups become a microcosm. They reflect how we are in relationship with others. Being in a group offers an important mirror into oneself.

My groups are a confidential place where people can relate at a deep, connected level. It is a safe environment to give and receive direct feedback about yourself that isn't available anywhere else in most peoples' lives. In this way, group members help each other learn and grow.

Change that happens in the group absolutely translates into change all other areas in the individual's life.

### **What is Your Style/Therapeutic Approach?**

People who work with me appreciate my directness. I am committed to giving honest feedback about what's going on, what I see and what I think can be helpful. However, insight itself does not create change. I challenge clients to take responsibility for their actions in very concrete ways. I believe that only through making different choices or having a different response to a situation can people get unstuck and move their lives forward.

### **Closing**

Although I have 30-years' professional experience, what really informs my practice is my ongoing personal work, on myself and in my long-term marriage. This is what creates the foundation for what I do and what I have to offer.