

Nobody wants to be in counseling forever. **Fooks-Michnya Associates, LLC** specializes in *brief solution-focused counseling* to help you achieve solutions that work and make changes that last as soon as possible, sometimes in 12 visits or less.

Fooks-Michnya Associates LLC works a little differently:

- We measure how you're doing on your goals in every session
- When we are going to be helpful, we expect to see signs sooner rather than later
- When our work is helpful, you can continue as long as you like
- If our work is not helpful, we'll seek consultation by session 3 or 4, and consider a referral at no later than 8 to 10 sessions
- We want to make sure that you are getting what you need so we ask for your feedback at the end of each session
- We believe you should be in charge of your counseling, so we do not accept most insurance. We will help you obtain out-of-network reimbursement from your insurer.



Fooks-Michnya Associates, LLC

P.O. Box 424
Somers Point, NJ 08244-0424



Fooks-Michnya Associates, LLC

Counseling, Coaching, Mediation and Training for Individuals, Couples, Families and Organizations



“Solutions that work, changes that last, people who care.”

**CONTACT US FOR YOUR FREE TELEPHONE CONSULTATION TODAY
609-601-0352**

- Individual & Family Counseling
- Child & Filial Play Therapy
- Children & Adolescents
- Intensive In-Community Services & Needs Assessments
- Parent Education
- Relationship Enhancement & Couples Counseling
- Divorce Mediation
- Life & Career Coaching
- Recovery & Relapse Prevention
- Medical Social Work & Advocacy
- Creativity Coaching
- Employee Assistance Programs
- Workshops & Training

Fooks-Michnya Associates, LLC envisions a world in which people live and work peacefully together to overcome life's many challenges. Our purpose is to help people learn, grow and make new and better choices to improve their lives and relationships and to live more meaningfully. Our mission is to help our clients find solutions that work and make changes that last as quickly as possible so that they can live their very own "happily ever after." *Visit us on the web at <https://fooksmichnya.associates/> for more information about how we can help you.*

Comprehensive Counseling Services

Tired of uncooperative, ungrateful children?

Want your kids to grow up to be respectful, responsible adults? **Fooks-Michnya Associates, LLC** will help you learn 6 easy-to-use techniques that will put the fun back into parenting. You will look forward to experiencing all the stages of child development, from the terrible two's to the trying teenage years, give your kids the best chance for a successful life and build loving relationships that last a lifetime. Parenting with love and logic is a better present than any toy!

Interested in developing your creativity?

Want to satisfy your unstoppable urge to write, paint, sing, dance, play music, compose, and more? You will learn how to overcome feeling stuck, uncertain, blocked, or overwhelmed; start and finish your creative projects and live a fulfilling, creative life.



Michael A. Michnya, MEd, LPC, has worked with children, adolescents, adults, couples and families since 1982. He specializes in helping parents get more cooperation from their kids with less energy, couples and families to build stronger and longer lasting relationships and artists of all types to enhance and foster their creativity.



Is relationship conflict tearing your family apart?

Better than 50% of first marriages end in divorce, and even more subsequent marriages fail. Want to be among the "better half" of those couples and celebrate your own "happily ever after" marriage? **Fooks-Michnya Associates, LLC** will help you develop the kind of vibrant, enduring relationship that you both imagined when you first fell in love. Learn and use 7 simple skills and give your family the gift of life-long love.

Ready and willing to take charge of your life?

Learn how to use your core strengths and most important values to find the solutions that work and make the changes that last from the people who care – **Fooks-Michnya Associates, LLC**.



Tracy K. Fooks-Michnya, MSW, LCSW, LCADC, has been helping people since 1986. As a substance abuse counselor, case manager, mental health screener, social worker and administrator, her first priority has always been client welfare and "patient advocacy." Drawing on her extensive network of providers and insurance companies throughout South Jersey, Tracy specializes in helping people advocate for themselves to get the most effective medical treatment possible.

As long as you're hopeful about the future and ready for a change, Fooks-Michnya Associates, LLC can help you get there. Our clients are most successful when they:

- ✦ Believe that change is possible and desirable,
- ✦ Understand that true change comes from within, and that lasting change requires both patience and persistence,
- ✦ Are hopeful about the future,
- ✦ Are willing to honestly describe what is and isn't working in our sessions,
- ✦ Appreciate creativity, risk-taking and open, honest communication,
- ✦ Agree to attend sessions on time and do assigned homework, and
- ✦ Value our relationship and our time together.

When you're ready for success, then we would be honored to help you! Call us at (609) 601-0352 to schedule an appointment.

Agencies may fax referrals to (609) 601-7944.

Your Initial Telephone Consultation is Free!