

## **Family Counseling** "I will do things differently with my children."

*Often we try to be best friends with our children. We all want to be liked. However our children have plenty of friends, but only you can be their parent. Children want and need discipline and structure, and often demonstrate this need through behavior. Discipline and structure help children to know they are safe and this is vital in their development. Hearing these needs from our children and getting past our own fears and anxieties ("will my children like me?") is often a difficult but crucial step.*



I have had the pleasure of working with a variety of families and problems; with issues including: parenting an ADHD child, struggling to find acceptance and roles in a blended family, adolescent rebelling, and understanding and creating functional relationships in divorce. I can help your family; what ever your struggles may be.

## **About your Therapist**

### **Education:**

- Bachelor of Science, Psychology, Dean's List, Pacific Lutheran University
- Master of Arts, Marriage & Family Therapy, Pacific Lutheran University

### **Training:**

- PLU Couple & Family Therapy Clinic
- Good Samaritan Behavioral Health Child & Family Services

### **Memberships & Associations**

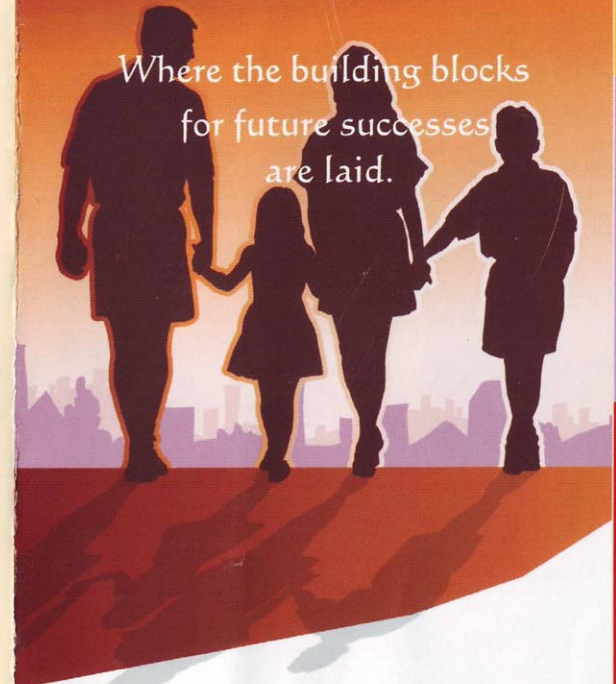
- Registered Counselor State of Washington RC00052769
- Washington Association of Marriage & Family Therapists, Associate Member
- American Association of Marriage & Family Therapists, Associate Member

**"Jason's energy, investment, and understanding were pivotal in the repair and rebuilding of our marriage, lives and future." (Client)**

**"Jason truly understood what we were going through." (Client)**

**"Our family found a new level of connection." (Client)**

## **Sound Foundations Professional Counseling**



**In Home Counseling For:  
Individuals, Couples &  
Families**

Jason Soto, MA, MFT  
Phone: (253) 304-4522  
[SoundFoundationsCounseling.com](http://SoundFoundationsCounseling.com)

"Counseling isn't about being sick or crazy. It's about helping to strategize and find ways to deal with life's difficulties."

## Is Sound Foundations right for me?

- Are you looking for hope, support or someone to talk to?
- Do you feel lost, helpless, frustrated, or need help overcoming anxiety or depression?
- Do you seem to be stuck in the same repetitive dance day in and day out.
- Having difficulty getting over past hurts?
- Do you want a better relationship with your significant other, or children?
- Do you have something to say but just can't communicate it? ("They just won't understand.")
- Do you have questions about parenting, or are experiencing behavioral difficulties? ("Am I doing this the best way? Is this normal?")

Sound Foundations may be right for you and your family.



## Couple Problems?

**Relationships are a difficult endeavor; every one wants the "perfect" one. But how do we get there?**

*Most often open and honest communication is mentioned; but what happens when communication is the problem, when you are afraid to express yourself given current or past experiences? Often difficulties in communication are indicators of deeper underlying issues. Identifying these issues and working through them can aid couples in coming closer to that "perfect" relationship.*

I work with couples who are looking for help for a variety of reasons; whether it is improving their communication, emotional closeness, sexual intimacy, or moving past the pain of infidelity.

I work collaboratively with couples and provide an honest unbiased ear.

All of us go through difficult times, however sometimes some of us experience more than our fair share of difficulties. It is during these times

## Stress

**Depression Grief** that it is beneficial to talk to someone who can lend a none judging ear, provide support, hope, and gentle guidance.

## Anxiety Anger

At Sound Foundations great care is taken to ensure that your needs are met.

Your first session is only \$10 and is devoted primarily to getting to know one another.

Once a sound understanding of your needs are met, we will work together to develop a plan to meet your goals. Your input is always encouraged. Each succeeding session is only \$60 and all in the comfort of your own home.

