

# Focus Therapy

A WEST OMAHA COUNSELING PRACTICE

## *Become The Optimal You*

Thank you so much for considering Focus Therapy | A West Omaha Counseling Practice. I'm glad you are considering counseling; it is a really big step. I hope you will join me. I have a lot more information on my website such as tips, how to get started, and you can read about my services: [www.focustherapyomaha.com](http://www.focustherapyomaha.com)

I specialize in children, adolescents and adults, here are some common reasons people contact me:

- Sports Performance Barriers:

- Performance anxiety
- Self-doubt
- Confidence
- Focus/Concentration
- Stress
- Depression

- Optimal Living Barriers:

- Anxiety
- Depression
- ADHD
- Stress/Wellness
- Trauma/PTSD
- Addiction
- Parenting struggles

### **How to set up an appointment:**

1. Send me a message through my website [www.focustherapyomaha.com](http://www.focustherapyomaha.com), call me (402) 513-4416 or email [becky@focustherapyomaha.com](mailto:becky@focustherapyomaha.com).
2. We'll set up a time to talk, email you the intake paperwork, and schedule your intake.
3. In the first 1<sup>st</sup> and 2<sup>nd</sup> sessions we'll discuss your history, story, and goals.
4. In the 3<sup>rd</sup> session we'll form a Treatment Plan, a roadmap of how to reach your goals of optimization.

Focus Therapy

---

A WEST OMAHA COUNSELING PRACTICE

Becky A. Meline, LIMHP, LISW, IADC  
3520 N. 163<sup>rd</sup> Plaza Suite 6 | Omaha, NE | 68116 | 402.513.4416  
[www.focustherapy.com](http://www.focustherapy.com) | [becky@focustherapyomaha.com](mailto:becky@focustherapyomaha.com) |

# *Focus Therapy*

---

A WEST OMAHA COUNSELING PRACTICE

*Become The Optimal You*

I look forward to talking with you.

# *Focus Therapy*

---

A WEST OMAHA COUNSELING PRACTICE

Becky A. Meline, LIMHP, LISW, IADC

3520 N. 163<sup>rd</sup> Plaza Suite 6 | Omaha, NE | 68116 | 402.513.4416

[www.focustherapy.com](http://www.focustherapy.com) | [beckv@focustherapyomaha.com](mailto:beckv@focustherapyomaha.com) |