

CLIENT BROCHURE

DIEBOLD BEHAVIORAL COUNSELING

D.J. DIEBOLD, CAC, LISAC



ADDICTION SPECIALIST
INSPIRATIONAL PSYCHOTHERAPY
FOR CHILDREN, ADULTS & HARD-TO-
REACH ADOLESCENTS

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- Learn To Cope Without Drugs and Alcohol...and still enjoy a great life.
- Repair Your Relationships. Re-gain The Trust You Once Had. Let Me Show You How!
- *Most Importantly:* Learn To Believe And Trust In Yourself Once Again.

Have you been rebelling for a long time? While growing up, many of us have been told lies. Like what you ask? Like messages that one way or another, tell us, we're not good enough, such as: Why can't you be more like your brother/sister? Why can't you seem to do anything right? And, one of the meanest: Are you just plain stupid or something? If any of this sounds familiar, you've paid for these words with a low self-image, feelings of worthlessness, words that send the message that you're NOT quite good enough.

Well, I've got good news for you: Those are lies. There are NO second-hand citizens. We are indeed all created equal.

Learn to reverse the damage done by misguided, influential people in your life. Anything learned can be UN-learned.

You're not second-class!

You're not worth less than anyone else on this planet!

Wouldn't it be nice to feel...and act that way? Believe me, you really can.

As a behavioral health therapist, I've worked for a wide range of behavioral health providers, including maximum-security prisons, probation departments, clinics, and with many diverse cultures and races, including Native Americans. The healing begins with a phone call. Please call:

(480) 650-1020

IF I GO TO COUNSELING WITH D.J.....WHAT WILL IT BE LIKE?

I provide individual counseling in a safe, nurturing environment with a calm atmosphere where you can open up and discuss anything without fear of being judged.

You will learn that you're special, and that you have a unique purpose in this life, that you actually chose to be you.

You'll learn that you can just be yourself and that will be enough for you and eventually for those around you.

Imagine being able to feel good about yourself again. It's not too good to be true. It CAN happen.

Imaging not needing drugs or alcohol? It might feel impossible...but it's not.

HOW LONG WILL IT TAKE TO FEEL GOOD ABOUT MYSELF?

Almost immediately, your instincts will tell you it's OK to trust me. I am gentle, clear and firm about what it takes to believe in yourself again.

Log onto my website at: www.dieboldbehavioralcounseling.com to learn more about me and my philosophy of recovery.

You will find yourself relaxing and laughing like you used to, provided you attend regularly and embrace a genuine commitment to treatment.

It doesn't take long to get back on track when you listen and respond appropriately to the truth of your situation.

Healing can have huge rewards. You get to be you again.

In one session you should feel the difference. The bottom line is that you're worth it.

WHAT ELSE IS INVOLVED?

Some reading will be recommended, in addition to educational DVDs focusing on your individual needs and/or your drug of choice if that applies.

Cognitive Behavioral Therapy and an eclectic approach is the usual path, but active listening guides our treatment sessions. I am a published author and columnist. My words can be warm and inspirational.

HOW WILL I PAY FOR COUNSELING?

I take AHCCCS and some credit cards. If you don't have the above, you can pay by cash on an adjustable scale according to your income.

I WILL WORK WITH YOU!

Call me, for a free consultation at (480) 650-1020 or email me at dj@dieboldbehavioralcounseling.com