

CREDENTIALS

Kevin has a Masters of Science (M.S.) degree in Guidance and Counseling, with a specialization in agency counseling, from the University of Nebraska at Omaha.

He holds the following: National Certified Counselor (NCC); nationally Certified Clinical Mental Health Counselor (CCMHC); certified group facilitator for the Batterer's Education Program (BEP) in Iowa; certified Active Parenting leader; and was a certified drug and alcohol counselor in Nebraska for 8 years. Additionally, Kevin holds 3 national certifications in REBT: (1) Family, Child, and Adolescent Certification; (2) Primary Certification; (3) Advanced Certificate.

Kevin's professional memberships include: American Counseling Association (ACA); Association for Spiritual, Ethical and Religious Values in Counseling (ASERVIC); American Mental Health Counselors Association (AMHCA); Nebraska Counseling Association (NCA); Nebraska Mental Health Counselors Association; Nebraska Association for Spiritual, Ethical and Religious Values in Counseling; and others.

Kevin is a Certified Professional Counselor (CPC) and a Licensed Professional Counselor (LPC) in the state of Nebraska. Kevin is also a Licensed Mental Health Counselor (LMHC) in the state of Iowa.

TYPE OF THERAPY

Kevin has had specific training in the practice of the following therapies: Rational Emotive Behavior Therapy, Transactional Analysis, Addictions Counseling, Multimodal Therapy, Family Therapy, Adlerian Therapy, Rogerian Therapy, Domestic Abuse Counseling. Additionally, Kevin has received formal education on the above therapies as well as others for example: Psychoanalysis, Existential Therapy, Gestalt Therapy, Reality Therapy, Rational Behavior Therapy, Behavior Modification, Jungian Therapy, and others.

Kevin will freely tell you that his preference is to use cognitive psychotherapy. Kevin has developed his own form of cognitive psychotherapy: Empowerment Counseling (EC). EC integrates the therapy founded by Dr. Albert Ellis (REBT), Transactional Analysis (TA), the work of Alfred Korzybski on General Semantics, ancient Taoism, and ancient Christianity. However, Kevin is eager to use whatever works best for you. Still, it is possible, even with the variety of therapies that Kevin is competent in, that you may prefer to work with someone else. In that case, Kevin will refer you to someone else to assist you in your work.

Kevin can be characterized most easily as a Rational Emotive Behavior Therapy (REBT) therapist.

CHANGE

It is totally inaccurate to speak of changing yourself: your self is not changeable. However, you can change your thoughts, feelings, behaviors, and even your sensations. Since you have the most control over your thoughts, it is best to work on changing, or, rather, switching or shifting thoughts to more effective ones first.

Kevin's philosophy of change is that more responsibility results in more personal power. The key area that most people lack responsibility in is for their feelings. Learning to take responsibility for your feelings is the most effective way of regaining your lost personal power.

Kevin teaches that we need to recognize, remove, and replace our self-defeating attitudes, feelings, and behaviors. This is his Three R's of counseling. You will progress more rapidly, maintain more of your gains, and generalize more of your gains to other areas if you do all three: recognize, remove, and replace the problems you bring to counseling.

No counselor can do your work for you. Counselors can only assist you by helping you to learn new skills to replace your hurtful habits.

Kevin recommends the book *A Guide to Rational Living* by Albert Ellis to everyone who can read.

Be kind to yourself!

www.kevinfitzmaurice.com