

## About Your Counselor

Before you make the call, I feel its important that you get to know some of my background and interests:

My name is Jason DuBord and I grew in a small town in North Dakota.

Athletics & activities have always been, and still are, a large part of my life. I was a college athlete and dream of the day that I can get back ito my college shape again (like I said I am still dreaming). I received a bachelor's degree in psychology and met my wife 7 ½ years from Concordia College in Minnesota. My wife is an amazing woman who is the breadwinner of our family & supports me in my "affordable" & accesible counseling practice.

I received a Master's in Counseling from Denver Seminary here in Colorado and am pumped to be developing my own counseling practice called, *Your Way Counseling*. I have passion for counseling and even more so, I love coming to understand people's emotions and how those feelings translate into everyday lives. The reality of life is that it can be both hard and amazing all at once. I feel blessed to have a front row seat for the life path of my clients. Just like you, I too, have struggles and trials in my life and it is wonderful to share that ride with other people looking to fill their desires.

My wife and I have lived in Colorado for three years and have loved every second of it. Truthfully, we feel like we are on a constant vacation because we are often doing activities that we would never be able to do back home like snowboarding, sporting events (Broncos, Rockies, Nuggets), hunting, fly fishing, hitting up the downtown scene or simply taking a hike in the Rockies. Like I said, I like sports. God willing, we hope to make Colorado our home for years to come.

Lastly, you should know that I am not a regular counselor. I don't believe that good counseling simply involves providing good information and hoping that fosters change. I believe that there is "purpose" behind everything we do. Whether positive or negative, our emotion and action comes from years of conditioning, needs, desires, and development. Simply telling someone to stop destructive patterns does not often cause change. I truly believe positive change comes in respecting one's needs/desires and finding a more desirable way to meet those needs/desires.

Well, that's me in a nutshell. I hope you give "Your Way Counseling" a try. Life can be a battle filled with both victories and defeat. Why not have a partner through this journey?



Serving the Denver Metro Area

(303) 235-8434

[www.yourwaycounseling.com](http://www.yourwaycounseling.com)



Actively Transform Your Life's Path



Your Way Counseling provides the Denver Metro Area with quality, affordable, activity based counseling.

# What is Active Counseling?

## Why is Your Way Counseling Priced Lower?

### ***Why is Your Way Lower Cost Than Other Counseling Practices?***

Difficult economy or not, people often have a hard time spending \$60 to \$120+ an hour for counseling. While improving one's quality of life may be an investment in yourself, it is still difficult to justify spending hundreds, even thousands, of dollars on counseling. As a result people often choose to forego self improvement and their lives typically continue on the same unchanging path. This is where Your Way Counseling, & I, come in.

I have chosen to create an "affordable" counseling practice because:

- I would like to work with a demographic of people the majority of counselors & practices often pass over.
- I would like to provide people with the opportunity for counseling who normally would not have the option.
- I would like provide counseling to those who are simply money conscious. "Why pay more?"

In my grad school practicum and internship, I worked with this specific demographic and found this population of people to be both wonderful and having a great need.

We all need counseling sometimes (honestly me too) and why should this be only an option for the affluent? With that said, "Your Way Counseling" offers top notch counseling to every type of person.

**Please call me and I can help you move towards the life that respects who YOU are and how YOU work.**

**[www.yourwaycounseling.com](http://www.yourwaycounseling.com)**

**303.325.8434**

### ***What is Active Counseling?***

Active Counseling is performing some type of activity during the course of the counseling session. Some activities could be:

- Walking/Hiking
- Running
- Shooting Hoops
- Lifting Weights
- Playing Nintendo Wii

No matter the activity, people often tend to feel more comfortable being open when they are in a setting that involves an activity they enjoy. Activity often takes the pressure off counseling sessions and fosters trust building between the client and counselor.

However, Your Way Counseling does also offer the traditional (couch/chair) counseling setting for those who prefer that traditional environment.

### ***What Are Your Focus/Specialty Areas at Your Way?***

My specialties are as follows:

- Play Therapy (ages 3 to 12)
- Teenagers
- Men

While the above categories are my specialties, I can also perform many types of counseling with:

- Couples
- Women
- Young Adults
- Christian Counseling