

# Aerobic Personal Counseling



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**T**here are a broad range of personal counseling and psychotherapy encounters that we could have, ranging from a single session yielding clarity and resolution of some immediate issue, through the resolution of a significant crisis, or even a more extended engagement of some kind to address broader objectives. If your situation requires us to address deep seated or complicated issues, then the first step in our encounter will be to elicit your autobiography, which forms the basis for my working biography of you and for my assessment of your situation. In this case I also sometimes administer and interpret a psychological test or two. We will then negotiate about your nature and your situation to decide what should be done. The fruits of this full assessment process are clarity and direction, which are beneficial and therapeutic in their

own right. This process may satisfy your objective in counseling entirely, or you may choose to work with me further in order to address specific issues or goals.

If it appears that we are dealing with significant issues, my full assessment and planning process will take about 12 hours over 7 sessions, at 5 of which you will be present and 2 of which I will conduct by myself, as follows. At our first meeting, for about 70 minutes we will broadly explore your circumstances, thoughts, feelings, habits, frustrations, hopes, opportunities, and identified issues. This is where we start, although our understanding of these things may change substantially in the course of the following couple of weeks. Our next 2 meetings will take place within a few days of each other and will constitute a 3 or 4 hour conversation about your life story, which I will videotape. No one but me, and possibly you, will ever see this video. The fact that this is a conversation makes it easy and entertaining for you, and it allows me to keep us on track while exploring areas that are of particular interest to me. I conduct the next 2 sessions alone by replaying and listening, as a third party, to our conversation about your life story. This review and reflection is always illuminating. It permits me to bring together everything I know about you into a biography and to formulate my own theories about you, your circumstances, your issues, and your opportunities.

After about a week of reflection we will meet for about 90 minutes to discuss all of this and to negotiate about your nature, your circumstances, and your ongoing strategy for life. We will meet one more time in the full assessment process, about a week later, to review and consolidate all of this. At this point our assessment will be complete and we will decide what, if anything, you should do to improve your situation or your life, and how I might be of help in that. This entertaining, invigorating, and illuminating process has unpredictable consequences. Call me.

## *Relief, Recovery, Resolution*

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