

One of our greatest strengths is making our clients feel safe and comfortable in a trusting, counseling relationship.

At White Oak Counseling Center, the practice of psychotherapy includes:

- evaluating your present situation
- defining your goals
- finding ways to achieve these goals
- evaluating your progress along the way

We work with children, adolescents and adults, in a comfortable, private atmosphere, using various counseling methods for:

- individuals
- couples
- families
- groups

Some of our specialized counseling approaches include:

- relaxation training
- hypnotherapy
- stress management

“We are a premier provider of counseling services, with a sound reputation for helping our clients lead more fulfilling lives.

As a result—the majority of our referrals are from satisfied clients, our colleagues and family physicians. ”



WHITE OAK
Counseling Center

215-536-0308

email: info@whiteoakcounseling.com

Quakertown Office

200 Apple Street, Suite 4
Quakertown, PA 18951

Doylestown Office

30 North Pine Street
Doylestown, PA 18901

To learn more about us and counseling,
visit our website at
www.whiteoakcounseling.com

**The Help You
Need To Live
A Balanced and
Fulfilling Life**



WHITE OAK
Counseling Center

Individual • Family

Couple • Group

COUNSELING SERVICES

for

Children, Adolescents & Adults

Why Seek Counseling?

In today's society, we are often faced with life events or stresses which result in physical and emotional reactions.

Some of these life events and stresses are:

- 🍃 marital conflict or relationship issues
- 🍃 death, loss, and grief
- 🍃 divorce, separation, and custody
- 🍃 abuse and trauma
- 🍃 financial concerns
- 🍃 employment problems
- 🍃 parenting
- 🍃 illness or surgery
- 🍃 spiritual challenges
- 🍃 personal issues

Feeling overwhelmed by these events, we may experience some of the following symptoms:

- 🍃 depressed mood
- 🍃 anxiety and worry
- 🍃 increase or decrease in sleep
- 🍃 reduced motivation
- 🍃 change in eating habits
- 🍃 irritability, frustration, and anger
- 🍃 increase in alcohol or drug use
- 🍃 panic and fear
- 🍃 sexual problems

By working with the therapists at White Oak Counseling Center, you can alleviate your stresses and symptoms to reclaim a sense of control and balance in your life.



About White Oak Counseling's Founder

Tripp Carey, M.S.

Tripp, who founded White Oak Counseling Center in 1987, holds his M.S. in Community Counseling from Villanova University and is a Pennsylvania State Licensed Psychologist. He has served as a staff psychologist at the Lenape Valley Foundation, as well as a Director of their Tyler Center, Co-Director of Internship Training and Director of Biofeedback and Stress Management from 1986-1994. In addition, Tripp has been providing counseling to Perkiomen School students since 1991.

Tripp is a member of the American Counseling Association, Pennsylvania Psychological Association, and the Upper Bucks Chamber of Commerce. He is also a member and past president of the Upper Bucks Sertoma Club, and has volunteered as a support counselor for Intensive Caring Unlimited.

He has conducted workshops for businesses, schools, churches and community organizations throughout Southeastern Pennsylvania, and was an Adjunct Professor at Delaware Valley College.

He offers relaxation training, stress management and hypnotherapy as special counseling approaches.

To Start The Process

The most important factor for a successful outcome in counseling is choosing a counselor with whom you feel comfortable. Once you have decided to utilize counseling, call and become familiar with us through a telephone conversation. We will be happy to discuss our approaches and answer any questions about therapy, insurance coverage and payment options. We can then schedule an initial 50-minute appointment where we will discuss your needs and goals and how we can assist you. You may also choose to learn more by visiting our web site —www.whiteoakcounseling.com.

A Safe Haven

In today's volatile, managed healthcare environment, White Oak Counseling Center provides a high quality, stable atmosphere to meet your needs. You will remain with one counselor throughout your course of treatment who will protect your right of confidentiality.

Tripp Carey offers daytime and evening appointments Monday, Tuesday & Thursday in Quakertown and Wednesday in Doylestown.

Appointments with other associates are also available throughout the week. Please call for current schedules of availability.

Our Mission At White Oak Counseling

To serve our community by being a premier provider of counseling and educational services to individuals, families and organizations.