



Life's Challenges

We all face challenges at different times in our lives. Sometimes we may feel stuck or have a situation we are facing that seems overwhelming. That is usually the time we can benefit from therapy.

When you need extra support, an outside perspective, or some expert guidance, talking to a therapist or counselor can help. Therapists are professionally-trained listeners who can help you get to the root of your problems, overcome emotional challenges, and make positive changes in your life.

Office Location:
Carolina Beach Counseling
1009 N. Lake Park Blvd., Suite B4
Carolina Beach, NC 28428
(910) 617-4675

The time for you is now...



Outpatient Therapy & Addiction Treatment

Loralie Grigas, MSW, LCSW, LCAS
Clinical Therapist/Addiction Specialist
(910) 617-4675

*Medicare, Medicaid, Tricare, BCBS NC
Income Based Sliding Fee Scale
Major Credit Cards Accepted*

Services Offered

- Individual & Group Therapy
- Family Counseling
- Couples Therapy
- Substance Abuse Assessments
- Addiction Treatment

Therapeutic Techniques

A client centered approach means spending the time to get to know you and your unique perspective on life and the issues you want to address. Treatment will be tailored to what will work best for you. Examples of clinical techniques including:

- Cognitive Behavioral Therapy
- Solution-Focused Therapy
- Dialectical Behavioral Therapy
- Motivational Interviewing
- Motivational Enhancement Therapy
- Family Systems Therapy

Helping you find creative solutions to life's challenges.

When to seek therapy

Recognizing the need for professional help is a good first step towards improvement. Therapy can be of real benefit, providing help for a wide range of issues such as:

- Emotional distress
- Excessive anxiety or worry
- Life transitions or illnesses
- Personal growth and self-improvement
- Stress
- Trauma
- Difficulty adjusting to life changes
- Loss and grief
- Relationship or family issues
- Parent-child concerns
- Concerns about alcohol use or other substance use
- Anger or irritability

Therapy has one clear and definite purpose: that something of positive value and constructive usefulness will come out of it for you.



Finding a Therapist

Therapy can be very effective, but in order to reap its benefits, it's important to choose the right therapist – someone you trust who has the experience to help you make changes for the better in your life.

Many people don't know that therapist "shopping" is a perfectly acceptable practice. You must choose the therapist that is right for you.

To find a good therapist ask a professional you already work with such as a doctor, dentist, lawyer or accountant. Ask a trusted friend or family member. Use a reputable site on the Internet such as Psychology Today. Use your insurance company.

Trust your gut – but don't give up too soon. If it's not a good fit, don't be afraid to look for another therapist, but make sure you give it time before you change.