

OUR MISSION

To Help Individuals Free Themselves From Repetitive Hurtful Life Patterns That Cause Them To Miss The Joy Of Experiencing Life To Its Fullest.

WE DO THAT BY

Developing a high degree of interaction between counselor and client

Directing the counseling process towards discovering and resolving hurtful life patterns

Changing distorted self-imposed messages that contribute to ongoing harmful behaviors, which inhibit fulfilling relationships

Learning to become more consistent in providing us and loved ones with healing messages.

THE BENEFITS

Being better able to deal with a variety of issues, such as: Marital/family conflict, everyday stress, depression and anxiety

Becoming psychologically, emotionally and spiritually free of debilitating thoughts and behaviors

Being able to devise multiple solutions to overcome hurtful, repetitive life patterns

Genuine intimacy

I have assisted my clients in making progress around

Addictive Behaviors

Alcohol, Drugs, Eating, Gambling, Sex, etc

Adolescent Issues

Affairs

Anger

Anxiety

Bereavement~Loss

Blended Family Conflicts

Co-Parenting Issues

Depression

Employee Relationships

Job Change or Loss

Marital Discord

OCD

Panic Attacks

Personality Differences

Phobias

PTSD

Separation~Divorce

Single Parenting

Victims of Sexual Abuse

BIRDSONG COUNSELING SERVICES

George Bates, MS, LCPC
Licensed Clinical Professional
Counselor

618 **624-1234**

www.FamilyNow1.com
O'FALLON, IL

Most Insurances & all Major
Credit Cards Accepted ~ See
enclosed

Bringing Compassion, Truth &
Forgiveness to Relationships

BirdSong Counseling Services

George Bates, MS, LCPC

8 Eagle Center, Suite 3

O'Fallon Illinois 62269

HOURS 8 AM ~ 7 PM

www.FamilyNow1.com

Off 618 624-1234

Fax 618 624-2027

GeorgeBates@SBCGlobal.net



Provider & Location

BirdSong is located at the corner of State St. & Schwaegle in O'Fallon just off Hwy 50 at the Eagle Center. Green Mount Road is the exit off of interstate 64, which crosses 50 to Schwaegle. We are in Building 8. A tan, two-story brick building which sits on top of a small hill and is beautifully landscaped as well as having a small lake at the rear of the building. My office is on the second floor overlooking the lake. It feels private and restful. You may obtain a detailed door-to-door map from my web site, www.FamilyNow1.com.



George Bates~M.S., LCPC

- ◇ Born in St. Louis, MO. and raised in Metropolis, IL (Home of Superman).
- ◇ Served in the Air Force from 1960 to 1985. Traveling extensively overseas which included tours in Vietnam, Germany and Japan.
- ◇ First marriage ended in divorce after ten years but not before producing two wonderful children.
- ◇ Barbara and I celebrated our 29th wedding anniversary in October 2003..
- ◇ Have two very active grandsons who are the light of my life.
- ◇ Bachelor's degree in Social Science from McKendree College.
- ◇ Master's degree in Education from Southern Illinois University.
- ◇ Licensed Clinical Professional Counselor (LCPC)
- ◇ 30 Years of Counseling Experience.

WHAT WE OFFER

Along with providing **Individual, Couples and Family Counseling**, we also provide a **variety of community services.**

Provided training for volunteers and counselors to develop skills in the area of facilitating support and therapy groups with numerous health care organizations

Assisted in developing a clergy and counselors in-conversation workshop

Provided in-service presentations for the pastoral care staff of St. Elizabeth's Hospital and the Metro East Baptist Association

The latter two services involve analyzing personality similarities/differences and how those traits can be used to enhance an individual's work

Professional Organization

American Counseling Association
International Assoc. Marriage & Family Counselors

Partial Provider Listing

Out of Network

In Network

Employee Assistance Providers

ACORN ~ Aetna ~ Alliance-Choice ~American Medical Security ~ Ann Clark Assoc. ~ APS~ Beech Street ~ Blue Cross Blue Shield IL & Missouri & PPO ~ Business Health Svcs EAP Business Psychology Assoc. Behavioral Health Systems ~Central States SE & SW Health & Welfare Fund ~ Ceridan Life Work Services ChoiceCare ~ CIGNA Behavioral Health Comprehensive Mental Health ~ ComPsych EAP Connecticut-General DBL Services Corporate Family EAP ~ Deer Oaks ~ Epoch Group ~Family Network Fortis GAB ~Business Svcs

General American ~ Mgt Center Inc ~ Health Mgt Systems of America ~ Hoffman LaRoche EAP Horizon ~ Humana IL State Baptist Assoc. IMA~ Interface EAP ~, Integrated Health Plan Inc. John Alden John Hancock LCFS ~ Mail Handlers ~ MBC Corp ~ Magellan EAP ~ Managed Health Network ~ Menninger Care ~ Military One Source ~ NuHealth EAP ~ Personal-Assistance Services EAP Principal ~ Rapha ~ Retired Assn Svcs Resource Management Svcs ~ TriCare ~ Trustmark ~ Unicare United Health Care Unity Health Svcs ~VMC ~ Value Options ~ Wal-Mart Group Health Plan Workplace Solutions ~ Military One Source

COMMUNITY SERVICE PRESENTATIONS

His Needs, Her Needs, Family Support Center, Scott AFB
Couples Enrichment, One-Day Seminar, King's House, Belleville
Blended Families & Their Issues, Family Support Center, Scott AFB
"Not Being in the Harmful Triangle"
Persecutor-Victim-Rescuer, Call For Help, Belleville
Conflict Resolution Skills, The Shrine, Belleville
Stress Management-Nu World Marketing Ltd, Mascoutah
"The Caretaker Not The Victim"-Divorce-Separate Group, Edwardsville
Job Fair-Having Hope In The Midst of Job Loss, Trenton, Grace Community Baptist

Faith Matters

The overall goals are to resolve the conflict: By providing support, encouragement, clarity, accountability, and an on-going focus, on a solution to your stated concerns. For clients who wish to incorporate the principals of their faith into the counseling, this can be done, in part, by including prayer as a part of the counseling. We respect your right to choose. We use our Cognitive ~ Behavior Modification approach toward resolving all of our clients concerns.

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