

Our services have helped others.

“I was at my wit’s end with my son who had some serious behavioral and obsessive-compulsive disorder (OCD) issues. We never knew when he would be fine, or prone to fits of crying, rage or just general disrespect. Janneta has helped us to understand why he acts the way he does. She has given him coping strategies to deal with those times when he feels “out of control.” She also has helped us to identify what triggers his OCD and how to approach it. With her guidance, we are now able to anticipate events and deal with them before they get too challenging for us. My son has improved his behavior both at home and at school and we are extremely grateful. We recommend her highly.”

– Nancy J., mother of an 8-year-old boy with obsessive-compulsive disorder (OCD)

“When my daughter first started seeing Janneta, she was a broken, stunned and grieving teen, dealing with the loss of one of her best friends—her cousin. I knew she needed some professional help to navigate her through the immense pain and loss, but little did I know how lucky we’d be to have Janneta as her guide. Over the past year, Janneta has helped my daughter tremendously. She’s taught her coping strategies, and helped her find hope and strength to help her through the darkness. Through Janneta’s smart, perceptive, helpful, warm and kind direction, my daughter has emerged a more confident, self-assured person able to handle life’s challenges with a lot more ease. The fog that she was living under has been lifted. As a parent, it’s incredibly reassuring to know that, should the need arise in the future, we’ll always have Janneta’s expertise to help get through the challenging times. This is such a reassuring and tremendous relief to my husband and me.”

– Carolyn, mother of a 14-year-old daughter



Janneta Bohlander
& ASSOCIATES•LLC

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Anxiety Disorders can be treated – Successfully!



Janneta Bohlander
& ASSOCIATES•LLC

Empowering families through psychotherapy



We work together to detect what triggers your anxieties and to find new coping skills that give relief.

Janneta K. Bohlander is a licensed marriage and family therapist. For over ten years, she has worked with adults and children suffering from:

- generalized anxiety disorders
- panic disorders
- social and specific phobias
- obsessive compulsion disorder (OCD)

Anxiety disorders can challenge a person's emotional health and seriously affect performance at work or at school and in one's personal life with family and friends.

In fact, about 40 million Americans, age 18 and older, are affected by anxiety disorders, as are nearly 13 out of every 100 children. However, no one needs to feel alone and without help.

Using *Cognitive Behavioral Therapy* (CBT) as the foundation of her programs, Mrs. Bohlander helps adults and children to modify their thinking patterns that support their fears. She helps them to respond more effectively to anxiety provoking situations.

For many clients, successful treatment of their anxiety results in overall feelings of well-being and increased self-confidence.

If you or your child is struggling with an anxiety disorder, we can help you... as we have helped others.

“When I first met with Janneta, I was experiencing debilitating panic attacks that had taken over my life. I was in a complete misunderstanding of what was going on with me, how I had gotten into such a state, or what on earth I could do to ever get out of it. Thanks to Janneta, her wonderful insight, understanding, patience and counseling, I have managed to take control of my panic attacks and anxiety. Janneta gave me the tools I needed to control my problem and even beat it. I felt safe, cared for and relaxed every time I met with Janneta. She has a warmth about her that is so contagious. There are times, of course, when my anxiety tries to creep up on me but I now know that I'm not going crazy. I use the tools that Janneta has given me. I always replay in my mind everything else Janneta has taught me so that I can conquer this disorder. She is truly my saving grace.
~Kristi, adult in her 30s

What's important is to get help – NOW!

If you believe you or a family member might suffer from an anxiety disorder, it is essential to get help. Untreated anxiety disorders can lead to secondary problems such as substance abuse, depression and work or school failure. Please call us and seek help now.