



SONDRA SABOURIN

— COUNSELING —



*Experienced, Personalized Psychotherapy
for Adults & Adolescents Throughout Colorado*

TELEHEALTH | PRIVATE PAY | CURRENTLY ACCEPTING NEW PATIENTS

WHY PROVIDERS REFER



CLINICAL INDEPENDENCE

Care guided by
clinical judgment
rather than insurance
requirements, utilization
reviews, or externally
imposed limitations.



INDIVIDUALIZED CARE

Treatment tailored
to each client's
unique needs, goals,
pace, and life
circumstances.



SKILLS-BASED, INSIGHT-ORIENTED CARE

Clients gain practical coping
tools and deeper understanding.
Therapy helps individuals
build skills, resilience, and
confidence for lasting
change.



COLLABORATIVE APPROACH

Communication
with referring
providers when
beneficial and
authorized.

PARTICULARLY HELPFUL FOR PATIENTS EXPERIENCING:

- ✓ Anxiety & Chronic Stress
- ✓ Depression & Emotional Overwhelm
- ✓ Trauma & PTSD
- ✓ Grief & Loss
- ✓ Relationship Challenges
- ✓ Life Transitions
- ✓ Caregiver Fatigue & Burnout
- ✓ Stress-Related Physical Symptoms, including tension, sleep disturbance, GI distress, headaches, fatigue, muscle pain, and other somatic manifestations of stress

— LET'S CONNECT —

(720) 588-1925

sondra@sondrasabourincounseling.com

www.sondrasabourincounseling.com

Learn more



Compassionate care. Practical tools. Lasting change.



WHAT MAKES THIS DIFFERENT?



PERSONALIZED CARE WITHOUT INSURANCE CONSTRAINTS

Because I do not participate in insurance networks,
treatment recommendations are guided by clinical
judgment and the unique needs of each client.

THIS ALLOWS FOR:

- ✓ Greater flexibility in treatment planning
- ✓ Enhanced privacy and discretion
- ✓ Individualized pacing and goals
- ✓ Freedom to focus on the issues most relevant to the client
- ✓ Care driven by patient needs rather than third-party requirements



SKILLS-BASED, INSIGHT-ORIENTED CARE

Clients learn practical strategies to manage anxiety,
stress, relationship challenges, life transitions, and
emotional overwhelm.

Therapy focuses on helping individuals understand
the connections among:



THOUGHTS



EMOTIONS



RELATIONSHIPS



BEHAVIORS



STRESS
RESPONSES



PHYSICAL
SYMPTOMS

*The goal is not only symptom relief, but increased
resilience, confidence, and long-term well-being.*



A GOOD REFERRAL FIT

Adults and adolescents seeking:

- ✓ Personalized care
- ✓ Privacy and discretion
- ✓ Greater self-understanding
- ✓ Practical coping skills
- ✓ Lasting change

“A supportive,
collaborative space to
gain clarity, steadiness,
and confidence in
navigating life's
challenges.”

SONDRA SABOURIN, MA, LPC
LICENSED PROFESSIONAL COUNSELOR
COLORADO LPC.0017968

TELEHEALTH THROUGHOUT COLORADO | PRIVATE PAY | SUPERBILLS AVAILABLE

*I look forward to
partnering in care.*