



Men are not prisoners of fate, but prisoners of their own minds.

~

Franklin D. Roosevelt

The goal of this work is to feel good about yourself, to have clarity about your needs, to have healthy relationships and to feel empowered in your life choices.

Sliding fee

Thoughts shut up want air. And spoil, like bales unopen'd to the sun.

~

Edward Young
Night Thoughts

Benefits of psychotherapy:

- Feel less lonely, isolated or judged
- Gain a sense of empowerment
- Improve coping and communication skills
- Reduce anxiety, depression & distress
- An opportunity to talk openly in a non-judgmental atmosphere

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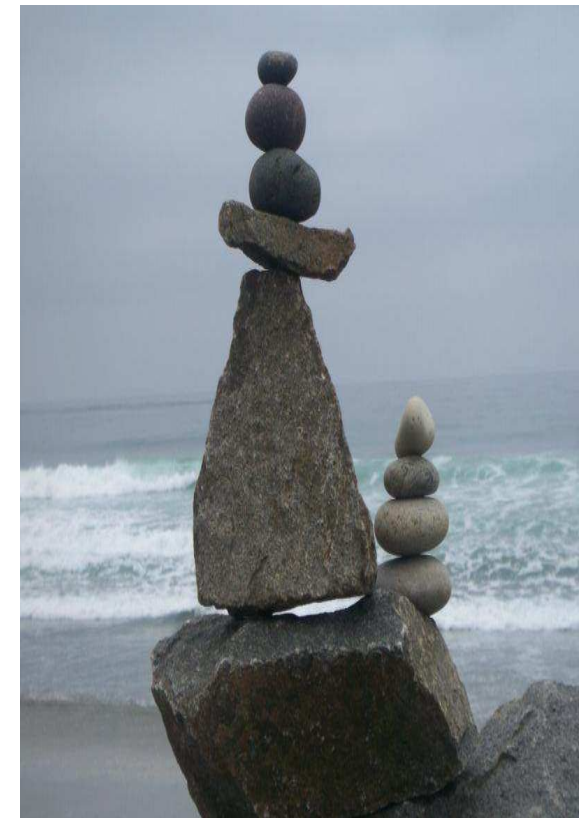
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NLR Psychotherapy

Sessions for individuals, couples
and groups



For people who understand that maintaining a healthy emotional system is as important to life as sustaining a healthy heart.

A safe, encouraging environment where individuals, couples and groups unpack their concerns, issues, and distress, and learn new communication and coping skills.

These sessions will improve understanding of emotional triggers, help reduce daily stress and feelings of isolation, and increase self-awareness and competencies.



People who do not understand themselves have a craving for understanding. ~Wilhelm Stekel

Nancy Rubbico, psychotherapist, has a private practice in Winchester and a clinical practice at Arbour Counseling in Jamaica Plain. Her practice focuses on individuals, couples, and groups dealing with depression, anxiety, bipolar, PTSD, as well as weight and parenting concerns. She helps people manage loss, stresses, addiction, and gain insight into destructive relationships and behavior.

With a strong framework for identifying unconscious repetitive patterns accompanied by the use of cognitive behavior methods, Ms. Rubbico has successfully helped patients gain clarity, feel empowered, and increase their choices in life.

Ms. Rubbico has an M.A. in psychoanalysis and a B.A. in social work. She is an accredited group leader with over 20 years' experience. She has been a frequent presenter at parenting conferences, covering topics such as "Neuro-feedback for Treatment of ADD/ADHD" and "Understanding the Phases of Sexual Development in Children." Ms. Rubbico is a member of Massachusetts Mental Health Counselors Association (MaMHCA). In addition, Ms. Rubbico has previously worked as a non-profit fundraiser and in corporate business.

