

Testimonials

What are clients saying about Boice Counseling for Couples?

“Making the choice to seek therapy is not an easy one, and finding the right therapist is even more difficult. I had been to 3 different therapists over a 10 year period, and each of which I only went to 1 session because I did not feel a connection to the therapist. I did not feel like they "got" me or could help me in the ways I needed. After the last one, I gave up on therapy altogether until one day, a few years later, when it seemed my world was falling down around me, my best friend suggested I meet with Don. She had been seeing Don for a while and she said he had helped her tremendously in all aspects of her life. After a few weeks of contemplation, I finally made the appointment. I knew within the first few minutes of meeting with Don that he "got" me. I immediately felt comfortable in his presence. Don has an innate gift of seeing people, and knowing how to talk to them in a way that is non-threatening, almost tailored specifically to the person, and he even mixes in some well-timed humor to help lighten the situation. Talking with Don is like talking to your best friend. He knows when and how to push me on certain things, and he knows when I need some time to step back and reflect. Don has helped me face some very intense issues and has given me the tools I needed to work through them. His wisdom, knowledge, and compassion seem endless. I honestly do not know what my life would be today if I hadn't met Don.” AH

“Don is a fantastic therapist.

He does all the things guys need in a therapist.

Don doesn't necessarily tell me how to behave, he exemplified it: Listen intently. Pay attention. Ask meaningful questions. Be fun and funny.

He helped me a lot become a better man, a better father, a better husband.

Don was quick to allay my fears saying we were never taught how to be good fathers and husbands.

He's very good at injecting humor into sessions. Which is more of what guys need to do better socially.

You have to want it and he made it easier for me to get there.

Every relationship is so different. Don offered many suggestions for help with my kids and wife – and my parents.

Some suggestions helped, some less so, kinda like life.

And he gave me the tools to try different techniques for happiness of those around me. He has great skills with relationships and communication.

Don is results-oriented and conscientiously responded when I reached out between sessions.” TW

“Don has been a life changer for me. I found him through my chiropractor who also has seen Don previously. It was right when the pandemic hit and I had his number but never called. I was going through some dark times when my wife came home to me not in a good place. She then secretly set up an appointment with him and I just knew I needed this. I trust my chiropractor and I trust my wife... so let me see what this guy Don is all about. My first session he instantly said he could help. He's showed me grounding skills when I start to feel myself spiral. Sends me articles and documentation to help to continue to do the work on my own. I've been to counseling before but this was different. I was ready and I finally found someone who was willing to push me to do the work. And he has tactics that really pierced through my resistance. I'm an athlete so his ability to put life situations in sports form has been a successful tactic for us. Also his ability to just suck out my bad energy during our sessions has been so uplifting. I see him close his eyes some times while I'm talking as if to just siphon out the negative. Seeing the way he cares makes me feel validated and honestly loved. I'm also Hispanic and have always thought growing up that therapy or talking about your feelings was weak so I resist sometimes. But he makes me see that walking through the pain really is the only way to heal an emotional wound. I still get scared attacking some things but knowing I have someone like him in my corner it is more encouraging to face those demons than to run away. And that's it. That's the point!! He makes me want to face it and not run away from it. He's help me heal! I'll forever be grateful and appreciative of the work he does. I try to push my family to come see him as well but you have to be ready. My wife is going through a tough time now losing her father and he's the first person I want to help her navigate through her darkness. We just had a son this past year and when my son met him even he can sense his kindness and energy. Don is a light house out on the water to help guide the boats back to shore. I'm thankful I was ready for Don because he has been as I said..... a life changer!!” LB

“Don is the best! I've been talking with him for around 3 years or so. The progress that I've made in sessions with him I never thought I'd make in life. He goes above and beyond for his clients. He treats you like a human and connects with you. I love his personality and how we connect through humor, sarcasm, etc. I just love how real he is and the relationship that we've grown. I never thought therapy worked, and I always thought why would I pay to tell someone my feelings? But Don changed my mind. The work we've done has set me up for a better life, and I am so beyond thankful to have found him! If you're looking for a therapist I highly recommend coming to see him. He actually wants to help you get the skills to cope with life and work through what you're going through, especially as a couple going to see him. You won't be disappointed!!” SR

“Don is obsessed with getting results. We worked on my skills so that I could do them on my own and not rely on him to feel better. He is always responsive when I reach out. Oh, and I decided to go back to school to be a counselor.” TF