



# THE MIDDLETON CENTER

*for pastoral care and counseling*

## The Middleton Center Practitioner



**Fern Krieg** believes that anyone can be their best self with support, strategies, and understanding of personal strengths. The decision to engage in a therapeutic relationship is often difficult. She understands that many individuals have concerns about telling a 'stranger' their innermost thoughts and experiences. Her goal is to provide the opportunity for change within a non-judgmental, safe, therapeutic relationship. Fern brings her years of life experience, education, understanding effects of trauma, and work in the counseling profession to the relationship. She collaborates with the client to find the best solutions for their reality.

As a Pennsylvania Licensed Professional Counselor, Fern Krieg focuses on assisting individuals toward personal empowerment and recovery of emotional well-being. Her background in the mental health field through a trauma lenses includes providing individual counseling and support group services to individuals from a variety of races, socioeconomic, gender/sexual identities, cultural, and religious groups.