

## Louisa Loveridge-Gallas, M.A.

- Specializes in personalized approaches to handling situations that may not require therapy but are tough to manage on your own.
- Twenty-five years of experience as a facilitator and counselor with individuals, couples and groups.
- Post Masters: Dr. Arnold Mindell's Oregon Institute for "Process Oriented Psychology" Two Year Program of Study in Alternative Approaches to Therapy, Communication and Conflict.
- M.A. in education and contemporary literature.
- Prize winning poet, recognized performer; therapeutic arts educator, including Wisconsin Arts Board residencies in schools, half-way houses, treatment centers.

## What Others Say About Louisa

"...Louisa listens not just to what you say, but to what goes un-said.

Her questions and insights help unravel and reframe your viewpoint.

Her sense of humor and lightness help you create a new story or metaphor from which to move forward."

✧ M.L., Information Technology Consultant

"...Perception, compassion, consummate skill in guiding people to discover more about themselves. Not intrusive yet knows the right questions. A real Pro."

✧ A.B., Professional Musician

"...She provided a relaxing strong presence for all the members of our family. She helped us stay focused and authentic so we could all hear each other. A skilled, objective, supportive facilitator."

✧ M.M., Professional Mediator



*"We will wake up  
tomorrow  
to more green leaves  
and dew  
right in the teeth  
of this wild world."*

*Louisa Loveridge-Gallas  
"In The Teeth"*

**East Side Location  
Free Initial Consultation  
Negotiable Fees  
Confidentiality Assured  
Call 414-223-3278  
[www.louisagallas.com](http://www.louisagallas.com)**

*Feel Free to Call with  
Any Questions!*

*JUST LIFE  
CONVERSATIONS*

These services provided by RiverLake Center LLC do not  
diagnose or substitute for psychotherapy.

*JUST LIFE  
CONVERSATIONS*



## JUST LIFE CONVERSATIONS

- **Feel Stuck? Searching?**

Consider a discussion that lies between traditional therapy and simply talking to friends or family.

- **Help Turn the Corner**

Consult with a trained communicator who has a skilled outside perspective for the next step.

- **A Respected Tradition**

It is a tradition in many cultures and tribes to seek out an experienced guide or elder.

- **Ordinary Life**

Just living has its rough dimensions: work problems/crises; illnesses, grief, the normal squabbles that family and friends get into; social pressures like sexism, racism and ageism.

- **Release Regrets**

Reclaim your past.  
Shift unproductive thoughts.  
Become more resilient.

- **The Body Knows**

Body-centered approaches to stress, distress and problem-solving.

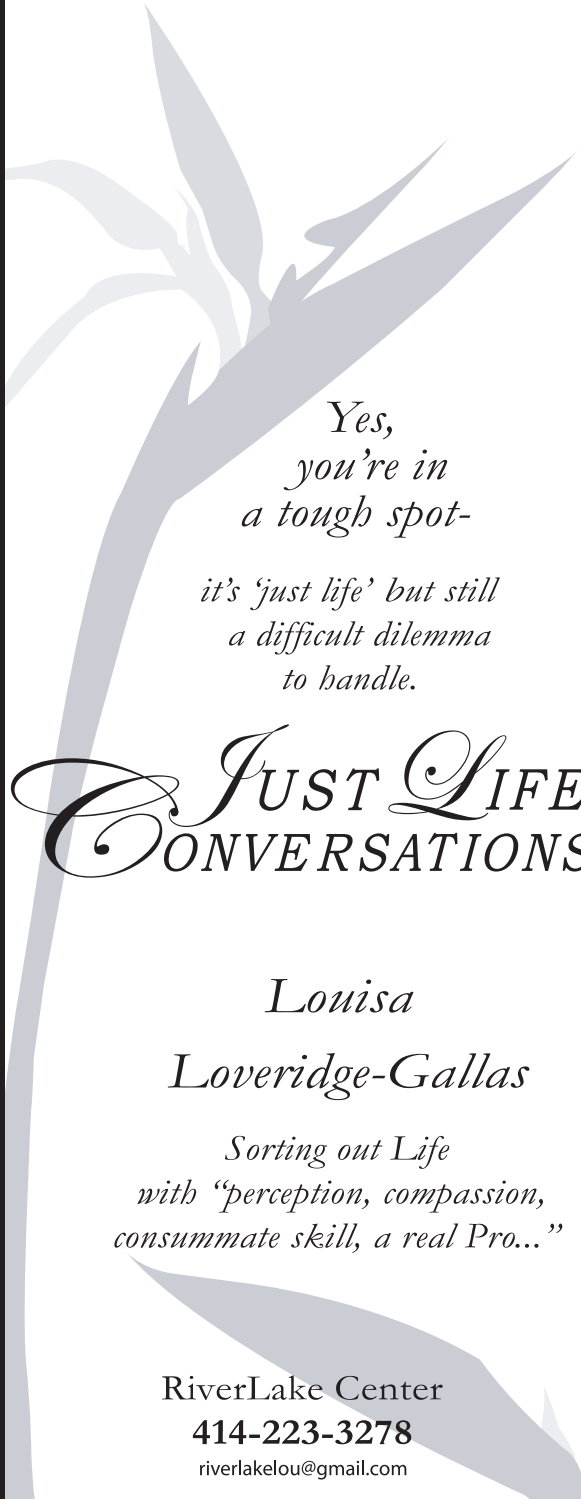
- **Cutting Edge Dream Work**

A resource for direction in your career, avocation, or relationships.

Louisa Loveridge-Gallas  
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Milwaukee, WI 53202



JUST LIFE  
CONVERSATIONS™



*Yes,  
you're in  
a tough spot-*

*it's 'just life' but still  
a difficult dilemma  
to handle.*

## JUST LIFE CONVERSATIONS

*Louisa  
Loveridge-Gallas*

*Sorting out Life  
with "perception, compassion,  
consummate skill, a real Pro..."*

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Conversations