

THRIVENOW COUNSELING

Areas of Focus

WHERE STEVE WORKS

A downloadable overview of the six areas of practice at ThriveNow Counseling — thirty years of work with couples, individuals, families, and professionals in Los Altos, California.

01

Couples Counseling

For couples navigating communication breakdown, disconnection, high-pressure careers, and the slow drift that happens when two driven people stop investing in the relationship between them.

02

Affair Recovery

When an affair comes to light, the decision of what comes next is one of the most consequential a couple will make. Steve provides structured, experienced guidance through disclosure, the immediate aftermath, and the longer work of deciding what your relationship becomes.

03

Individual Counseling

For individuals navigating relational patterns, life transitions, professional identity, and the work of becoming a better partner, parent, or person. Private, discreet, and focused.

04

Counseling for Professionals

High-performing professionals face relational pressures that standard counseling frameworks rarely address. Steve has worked alongside founders, executives, and senior professionals for thirty years.

05

Premarital Counseling

For couples preparing to marry who want a rigorous, evidence-informed foundation — not a checklist. Research-based and personalized.

06

Family Counseling

For families navigating conflict, communication breakdown, and the dynamics that affect every person in the household. Parent-adult child relationships, blended families, and family transitions.

Ready to begin?

Request a consultation and we'll be in touch within one business day.

thrivenowcounseling.com/#contact