

# Positive Psychology: We Nourish You Flourish

---

Dr. Saponaro understands that relationships are a central part of our wellbeing and the therapeutic relationship is one that can be critical in helping a person resolve difficulties and uncover talents. Dr. Saponaro helps couples and individuals learn Active Constructive Responding to improve communication and lead to better relationships. She not only treats problems (mood disorders, anxiety, trauma, addiction, ADHD, divorce, etc.); she incorporates the building of positive emotions, utilization of signature strengths, clarification of values and finding meaning to help people unlock their true potential. As a Clinical Psychologist, Dr. Saponaro strives to facilitate the tenants of Positive Psychology in her practice through education about core values and strengths. Traits such as compassion, perseverance, grit, gratitude and flow are cultivated helping people flourish and reach their goals. Dr. Saponaro provides expert guidance and supportive accountability for the individuals, couples and families that seek counseling services. She uses rigorous scientific data from the field of [positive psychology](#) to drive effective and dynamic treatments that can not only manage symptoms, but increase wellbeing and happiness.