



Who We Are

Ask The Whys

Asks The Whys offers an insightful approach to clinical therapy by offering a non judgmental eye to see you and a discerning ear to hear you in perhaps a way you may not have been seen or heard before. We are skilled at asking the questions to lead you to uncover truths about yourself, your life and your relationships that perhaps you have not known before.

Our Treatment Focus

Our focus is to help individuals heal, energize, and become aware of their inner strengths. We achieve this by providing a neutral space for you to "Ask the Whys" as we listen to your concerns and customize a treatment plan.

Our Patient Promise

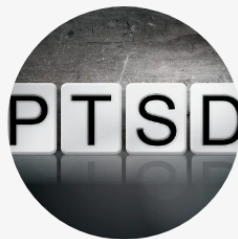
Our promise is to walk alongside you as you ask questions and discover answers that heal.

Our Therapy



Depression & Anxiety

Depression, fear, and anxiety are some of the most common and uncomfortable emotions that we can all experience at some point in our lives. Through therapy and treatment, we are able to help you recover motivation, perspective, and joy that you once had in your life.



Trauma & PTSD

Many individuals can experience symptoms associated with painful and traumatic circumstances. Anxiety, fear, and hopelessness are just a few of the emotions that may emerge following traumatic events. We can help you overcome these symptoms and guide you through the process of grief and healing.



Relationships

Relationship counseling can be beneficial to couples who are looking to strengthen their emotional connection, in all stages of their relationship. Therapy sessions are held with couples to provide a supportive place to discuss issues and solutions to better strengthen their relationship.

Our Therapist



Shannon Martin, LMSW

Shannon Martin has 20 years of clinical experience and has provided therapy for children, adolescents and adults. Her specialties include work with survivors of abuse as well as adopted individuals.

[Find out more](#)

Services



Individual 60 minute psychotherapy sessions

Rates for private pay range from \$120-\$150 per hour.

Health Insurances accepted include:

- Blue Cross Blue Shield Of Michigan-traditional, PPO and BCN
- United Behavioral Health/ OTUM

Book an Appointment

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Contact Us

We're Here for You

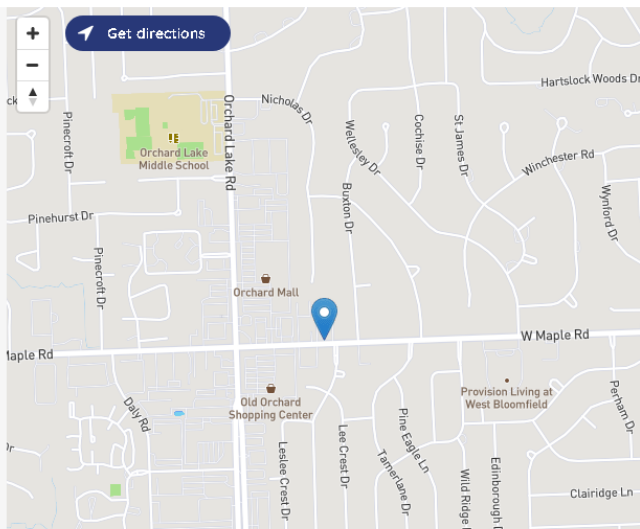
Please contact us with questions.

Ask the Why's

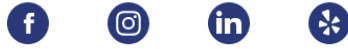
5600 West Maple Road, Building C, Suite 302 West Bloomfield, Michigan 48322, United States

Hours

Appointments available by request.



Send Message



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