

# FAMILY FIRST

## Therapist Janet Patterson keeps families in balance

BY *Liz Rhodebeck*  
PHOTO BY *Scott Ash*



Although she doesn't have red hair or a husband named Ricky, Janet Patterson of Delafield feels she has a lot in common with Lucy Ricardo.

"As the mother of triplets, life can sometimes feel like an 'I Love Lucy' episode, especially in the early years," she says. She also thinks that being a parent of triplets forces you to take parenting to the next level.

Her experience taught her a wealth of knowledge that she brings to her practice as a marriage and family therapist. Patterson is eager to help families deal with a variety of interpersonal issues.

"I have always loved children and helping people," she says. "My profession combines the two things I love best."

Patterson likes to imagine families as a mobile hanging over a crib—if one member is struggling, all of the members in the family are affected. Her practice offers help to people dealing with grief, adjustment issues and depression, as well as to children with ADD/ADHD and behavior issues in school.

Patterson moved here from Arizona several years ago, and she wasn't sure what to expect.

"My husband, Rob, got a job in Chicago, so we looked for a home there first," she explains. "Since my husband was a graduate of St. John's Northwestern Military Academy, we came up here for dinner with an old teacher; it was like coming home for him, and we both adored the area."

Patterson knew this was where she wanted to raise her two daughters and son, now nine years old.

"I wanted to give my children solid, good roots," she says. "Lake Country has a sense of small-town America, which is disappearing in other places."

This connection to the local community is one she and her family hope to nurture for years. 