

Welcome to Palm Beach Therapy & Health

Laurie Woolwine, MS, LMHC, LMFT, MCAP

Thank you for choosing us in providing you with an opportunity to reach your counseling needs and goals. We appreciate the courage it takes to reach out to make a change and we are honored and privileged to be working with you through your journey.

We believe that it is possible to live happy and fulfilled lives through creating hope and balance within ourselves and our relationships. We work through a systemic view integrating mind, body, and soul. We believe that it is important to understand how our emotional health connects with our physical health. We strive to serve your goals through understanding how your brain chemistry works (neurobiology) and psychoeducation through a solutions focused and cognitive behavioral therapeutic approach.

Often our clients want to share with others about their progress and success. You will have the most success by completing the goals you came to achieve. We welcome you to share your success with others. Please know that should you choose to refer a potential client to work with us that your information is confidential and protected under HIPAA guidelines. Palm Beach Therapy & Health does not share information with others without your consent. We very much welcome and appreciate new clients into our practice, so we can also help them achieve the goals that matter to them most. We look forward to getting started with you at your first appointment. Should you have any questions prior to our appointment please feel free to give us a call.

Be amazing,

Laurie Woolwine, MS, LMHC, LMFT, MCAP

#believe.hope.balance

**Palm Beach Therapy & Health
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