



## OUR PHILISOPHY

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Just Heal Counseling practices Holistic Psychotherapy, an integrative approach focusing on the relationship between mind, body, and spirit. In this aspect, we view each person as a whole being. This is an essential first step in providing care and bringing awareness of how emotions, thoughts, physical experiences, and spiritual understanding all connect. Our therapists can help individuals provide awareness of these components as they work together in harmony to support healthy daily functioning. This more profound understanding of the whole self can often lend itself to greater self-awareness, self-esteem, and self-acceptance.

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## Contact Us:



(470) 326-5455



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[www.justhealcounseling.com](http://www.justhealcounseling.com)



[justhealcounseling](https://www.instagram.com/justhealcounseling)



*Where Counseling  
Meets Holistic Wellness*

**Don't Deal Just Heal**

## Our Services

**Individual Therapy**  
**Family Therapy**  
**Group Therapy**  
**Couples Counseling**  
**Clinical Supervision**  
**Life Coaching**  
**Yoga Classes**  
**Nutrition Management**

### Availability

In-Person  
Tele-Health

Monday - Friday  
10:00am-5:00pm  
By Appointment

Most Insurances Accepted  
Sliding Scale Offered

### Our Specialites

**Mindfulness-Based (MBCT)**  
**Animal Assisted Therapy (AAT)**  
**Registered Art Therapist (ATR)**  
**LGBTQIA+ (Affirmative Therapy)**  
**EMDR (Eye Movement Desensitization and Reprocessing)**  
**Cognitive Behavioral (CBT)**  
**Internal Family Systems (IFS)**  
**Rational Emotive Behavior (REBT)**  
**Acceptance and Commitment (ACT)**  
**Solution-Focused Brief (SFBT)**

## Wellness Workshops and Trainings

Women-n-Wellness Workshop Series  
Healing Journey Coaching Program  
Stuck in the Middle: A kids survival guide to divorce  
College Support Workshops  
Grief Support Groups  
Kids Against Bullying  
Wellness for Essential Workers  
Integrative Workshop for First Responders



## Our Mission

To provide a private, non-judgmental, compassionate, and collaborative environment where you can feel safe in exploring both the pleasant and unpleasant parts of life; as well as making long-lasting changes that lead to a more fulfilling life. Clients come from all walks of life searching for meaning, purpose and often struggle trying to find it. Here we practice mindset shifts and lifestyle changes to align you on the path that is the most authentic version of you.

## Our Vaules

- Integrity & Honesty
- Innovation
- Diversity
- Transparency
- Compassion
- Collaboration
- Freedom