



March 31, 2020

Welcome, New Clients & Referrals!

I am pleased to announce the opening of my new private practice . . . Tranquility Counseling, Fostering Healthy Relationships. My first day in the office was March 16, 2020 but due to the COVID-19 pandemic, I will be offering teletherapy and phone sessions. This will not affect the quality of care new or existing clients will receive. Details about how to schedule an appointment can be found online at www.tranquilitycounselingtx.com

My office is located in Central Dallas and is easily accessible to anyone within the metroplex. There's ample free parking available for clients. I am currently in the process of joining multiple insurance and EAP plans as an in-network provider; until then, I am accepting private payments, and will provide monthly billing statements to submit for reimbursement. Updates will be provided via my website and social media platforms when I join provider panels.

As a therapist, my goal is to incorporate a judgment-free and safe place for youth, couples, individuals and families to work through life challenges. My counseling style is rooted in cognitive behavior and solution focused therapy.

I am committed to listening, engaging and encouraging clients to identify working solutions for better health, peace of mind and desired outcomes. Lastly, I take a holistic approach to encompass mind, body and spirit where clients can invest in their future, discover inner peace and foster healthy relationships.

Services:

- Individual Counseling
- Family Counseling
- Marital and Premarital Counseling

Focus Areas:

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|-----------------------|-----------------------|
| → Job Loss | → Relationship Issues |
| → Grief | → Behavioral Issues |
| → Child or Adolescent | → School Issues |
| → Family Conflict | → Self Esteem |
| → Life Transitions | → Women's Issues |

I am excited to share this new chapter in my life and future updates as my practice thrives and grow. If you feel I might be a good fit for a potential client, I hope you will consider referring them to me. Thank you in advance for your support and assistance during this process.

Be sure to follow me and my practice via my website and social media platforms!

Warmest regards,
Nishia Livingston, LPC

TRANQUILITY COUNSELING
2888 N. Stemmons Fwy. #225, Dallas, TX 75247 | (469) 251-2312
www.tranquilitycounselingtx.com