

# ZEN PATH COUNSELING

YOUR FIRST STEP STARTS HERE

## **Compassionate Mental Health Support for All Ages**

Individual Therapy (Children, Teens, Adults)

Family & Couples Counseling

Groups

### **Specialties:**

Anxiety, Anger & Stress Management, Grief & Loss,  
Depression, Mood Disorders, School & Behavior Issues,  
Neurodivergent concerns, Self-Esteem, Trauma Recovery

### **Therapeutic Approaches:**

Cognitive Behavioral Therapy (Beck Institute Certified)  
Sandtray Therapy (Texas Sandtray Association Certified)  
Evidence-Based Interventions, Trauma-Informed Care,  
Culturally Sensitive, Bilingual Services (English & Spanish)

Now Accepting New Clients - In-Person & Telehealth

We accept private pay and are in-network with  
most insurances, including:



# ZEN PATH COUNSELING

YOUR FIRST STEP STARTS HERE

✿ At Zen Path Counseling, we provide a safe and supportive space where healing and growth begin. Whether you're managing anxiety, trauma, stress, or life transitions, we're here to walk with you toward peace and clarity.

We specialize in evidence-based and expressive therapies—including Cognitive Behavioral Therapy (CBT) and Sand Tray Therapy—designed to help children, teens, and adults find lasting change.

## Cognitive Behavioral Therapy (CBT)

CBT is a structured, practical approach that helps you identify and change unhelpful thoughts and behaviors. By learning new ways to think and respond, you can improve your mood, confidence, and overall well-being. CBT is beneficial for: Anxiety, panic, and worry, depression and low motivation, negative thinking patterns, Low self-esteem, trauma-related stress, and life adjustments. You'll gain tools you can use right away—helping you take back control of your life.

## Sandtray Therapy

Sometimes, it's hard to find words for what we're feeling. Sandtray Therapy allows you to explore your inner world through symbolic play and creativity. You'll build scenes in a tray of sand with miniature figures. These scenes represent your thoughts, feelings, and experiences, helping you process and heal on a deeper level. Sandtray Therapy supports children and teens, as well as Adults, overcoming trauma, in emotional expression without pressure, and healing through imagination and storytelling. It's not about making art — it's about creating meaning.


## ☀ Why Choose Zen Path Counseling?

Our licensed and compassionate mental health professionals are here to support you in a warm and welcoming environment suitable for all ages. We offer both in-person and virtual sessions, providing flexible options to meet your needs. Our care is personalized and centered around you, using proven methods that lead to real, lasting results. We're committed to helping you feel better and thrive.




Connect With Us Today

Zen Path Counseling

 4305 N. 10<sup>TH</sup> ST., SUITE C  
MCALLEN, TEXAS 78504

 Phone: (956) 452-1889

 Fax: (956) 552-7455

 Web: [www.ZenPathCounseling.com](http://www.ZenPathCounseling.com)

 Email: [info@zenpathcounseling.com](mailto:info@zenpathcounseling.com)