



CM Counsel of King of Prussia PA Offers Counseling Psychology Services

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CM Counsel in King of Prussia, PA, a confidential counseling practice, has announced that they are offering counseling psychology services in King of Prussia and neighboring areas. Their staff is composed of licensed psychiatrists, psychologists, licensed professional counselors, and licensed clinical social workers who are highly qualified to assist people and family members in surmounting any barriers to their peace of mind and emotional well-being.

There are a number of issues that they can help with. These include: ADHD, adolescent behavioral problems, addictive behavior, aging, adult children of alcoholics, anxiety disorders, anger management, autism/Asperger's disorder, caregiver support, bipolar disorder, chronic illness and pain, child behavioral issues, codependency, depression, early childhood development, divorce and separation, gender issues, family issues and blended family issues, grief and loss, gender anxiety disorder, learning disabilities and differences, job-related issues, LGBTQ issues, life transitions and changes, life coaching, low self-esteem, neurological differences, men's issues, marital and partner issues, oppositional defiant disorder, obsessive-compulsive disorder, parenting issues, panic disorder, phobias, personality disorders, separation anxiety, post-traumatic stress disorder, social phobia, sexual dysfunction, stress management, special needs

children and families, veteran's issues, women's issues, and trauma.

Their team of providers offer family therapy, individual psychotherapy, and marriage and couples counseling. And they work closely with primary care physicians to ensure the best client care. They also provide medication management and psychiatric evaluation for adults. They will work with clients in determining the most effective coping methodologies and strategies to help overcome obstacles to emotional well-being.

Rachel Bennett, Director of Operations at CM Counsel, says, "Our therapeutic approach is holistic and comprehensive, and our goal is to provide individualized treatment that specifically addresses your needs. We work with you to develop the skills necessary to cope with difficulties now and in the future."

One of the methodologies used at CM Counsel is cognitive behavioral therapy, which is focused on how feelings, thoughts, and behaviors are interrelated. The clinician examines the beliefs and thoughts that trigger the problematic feelings and behaviors in the client, in order to determine how healthier patterns of thought and behavior can be adopted to enhance the patient's ability to cope and quality of life.

Behavioral therapy is focused on reinforcing desirable behaviors while eliminating or reducing maladaptive behaviors. This type of therapy is both goal and action oriented and the clinician is focused on making some modifications in the external and internal environments of the patient in order to make some changes to problematic behaviors.

Mindfulness-based therapy makes use of meditation or meditative methodologies to help focus the mind on the present moment instead of thinking about events in the past or expectations about the future that cause depression, anxiety, anger, and other emotions. The goal is for patients to develop a nonjudgmental attitude towards their thoughts and feelings and nurture kindness toward themselves.

Eye movement desensitization and reprocessing (EMDR) is a kind of psychotherapy that allows people to be healed from their emotional distress that resulted from a disturbing experience. Focus is made on disturbing memories of the past, current situations that cause pain, and development of the skills required for positive feelings and future actions.

Interpersonal therapy has to do with the relationships that patients have with other people with the goal of enhancing their interpersonal skills. The therapist will assist the patient in exploring and assessing interactions with other people to become more aware of patterns of difficulty in relating to other people as a way to make some positive changes in feelings and behaviors.

Psychodynamic therapy or insight-oriented therapy has to do with improving one's self-awareness as a way to cause some positive changes by understanding the impact of past feelings and experiences on one's

present behavior.

Those who are interested in learning more about the counseling psychology services offered by CM Counsel may want to check out their website, or contact them on the telephone or through email. They are open from Monday to Friday, from 9:00 am to 5:00 pm.

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For more information about CM Counsel - King of Prussia, contact the company here:CM Counsel - King of PrussiaRachel Bennett(484) 808-5340info@cmcounsel.com210 Mall Boulevard, Suite 204King of Prussia, PA 19406

CM Counsel - King of Prussia

CM Counsel's King of Prussia office is conveniently located in the heart of the mall district. Our dedicated team of providers offer services such as individual psychotherapy, family therapy, and marriage and couples counseling.

Website: <https://cmcounsel.com/king-of-prussia/>

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