CM Counsel Exton Offering Counseling, Psychotherapy, And Psychiatry Services

December 14, 2020

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CM Counsel is a wellness practice offering counseling, psychotherapy, and psychiatry services from its locations in Exton, King of Prussia, and Plymouth Meeting in Pennsylvania.

CM Counsel has been committed to providing quality and compassionate treatment to its clients for more than 20 years. Its staff of licensed psychologists, social workers, counselors, nurse practitioners, and psychiatrists are highly quali?ed to help customers or their families effectively address and resolve any obstacles to their emotional well-being and peace of mind. The clinic specializes in providing individual and family therapy and other behavioral health services as well as psychiatric assessment and medication management. They have the experience and training to treat adults, children, adolescents, families, and couples.

The practice specializes in ADHD, addictive behavior, adolescent behavioral issues, adult children of alcoholics, aging, anger management, anxiety disorders, assertiveness coaching, autism/Asperger's disorder, bipolar disorder, caregiver support, child behavioral issues, chronic illness & pain, codependency, depression, divorce & separation, early childhood development, family issues & blended family

issues, gender issues, general anxiety disorder, grief & loss, job-related issues, learning disabilities & differences, LGBTQ issues, life coaching, life transitions & changes, low self-esteem, marital & partner issues, men's issues, neurological differences, obsessive-compulsive disorder, oppositional defiant disorder, panic disorder, parenting issues, personality disorders, phobias, post-traumatic stress disorder, separation anxiety, sexual dysfunction, social phobia, special needs children & families, stress management, trauma, veteran's issues, and women's issues.

CM Counsel?s Exton location has been in operation since 1998 and has a long history of providing quality and compassionate care and treatment. The location?s dedicated team of providers offers services such as individual psychotherapy, family therapy, and marriage and couples counseling. In addition, they also offer psychiatric evaluation and medication management, not only for adults but for children and adolescents as well. The clinic?s licensed professional counselors, licensed clinical social workers, clinical psychologists, psychiatrists, and nurse practitioners are experts in treating a multitude of issues and will work with the client to identify the most effective coping strategies and methodologies to resolve obstacles to their emotional well-being.

The practice offers multiple therapeutic practices such as cognitive behavioral therapy, mindfulness-based therapy, behavioral therapy, interpersonal therapy, EMDR, psychodynamic therapy, brief therapy, and eclectic therapy. Additional therapies offered are stress management, relaxation training, and guided imagery, parenting skills training, family-centered therapy, gestalt therapy, client-centered therapy, reality-based therapy, functional family therapy, systems-focused therapy, motivational interviewing, strengths-based therapy, dance & movement therapy, EFT (tapping therapy), and life coaching.

The practice describes its individual therapy (also called counseling or psychotherapy) as a process in which the client works one-on-one with a psychologist, licensed clinical social worker, or licensed professional counselor to address any issues, concerns, or problems that detract from their quality of life. In therapy, the client will develop a confidential collaborative relationship with their psychotherapist to meet their goals for positive change. All of the practitioners at CM Counsel offer individual therapy for adults 18+.

CM Counsel provides family therapy, during which the focus of treatment is the family as a whole. The family is a system that impacts the experience and functioning of all the members. Family therapy helps members of the family resolve conflicts and improve communication. CM Counsel therapists will provide a supportive approach to guide families through stressful times.

The practice also provides marriage & couples therapy. The focus of marriage or couples therapy is the relationship between two people. This type of therapy helps couples of all kinds rectify differences, recognize and resolve conflicts and improve functioning in the relationship. With the help of one of the practice's therapists, clients can make thoughtful decisions about rebuilding or improving relationships.

CM Counsel in Exton is situated at Whiteland Business Park, 740 Springdale Drive, Suite 102, Exton. They can be reached at the phone number (610) 524-0780. There is also a contact form on the website to leave the office a message.

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For more information about CM Counsel - Exton, contact the company here:CM Counsel - ExtonRachel Bennett(610) 524-0780info@cmcounsel.com740 Springdale Drive, Suite 102Exton, PA 19341

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