



Through The Forest Counseling Opens New Therapist Location In New Haven

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Boston, Massachusetts based Through The Forest Counseling is pleased to announce that they have opened a new location in New Haven, Connecticut. Through The Forest Counseling of New Haven will offer In-Person Counseling & Telehealth Virtual Therapy, specializing in mental health and behavioral health for residents of New Haven and the surrounding areas. More information about the new location can be found here: [Therapist In New Haven](#).

Felicha Laforest of Through The Forest Counseling says, "Mental health is so important ? it touches on every aspect of our lives, including our emotional, psychological and social well being, and it affects how we think, feel and act. It determines how we handle stress, relate to others and make choices. In the past few years, more and more people have come to realize the importance of taking care of their mental health, and we need to make sure that mental health services remain accessible. With our new location in New Haven, we hope to give our community a more accessible way to stay on top of their mental health needs.?"

Through The Forest Counseling offers their services for a variety of mental health issues, including but not limited to anxiety disorder, bipolar disorder, borderline personality disorder, depression, eating disorders,

generalized anxiety, obsessive compulsive disorder, panic disorder and post-traumatic stress disorders. Through The Forest Counseling emphasizes that all manner of mental health issues need to be dealt with in the appropriate manner as they can have a significant impact at every stage of a person's life, from childhood and adolescence through to adulthood.

To ensure that their clients receive the care they need, Through The Forest Counseling offers different counseling modalities. Cognitive Behavioral Therapy (CBT) is one of the more common options, and this is a short-term form of psychotherapy that focuses on current issues and is founded on the premise that how a person thinks and feels influences how they behave. The emphasis is on problem-solving, and the goal is to change clients' thought processes in order to change their reactions to tough situations. CBT can be used to treat a wide range of mental health issues and diseases.

Another important form of therapy they offer is Strength-based therapy. Strength-based therapy is a type of positive psychotherapy and counseling that focuses on the patients' inherent strengths and resourcefulness rather than their inadequacies, failures and flaws. This focus establishes a positive outlook that helps the patient to build on their best traits, discover their strengths, improve their resilience and shift their worldview to a more optimistic one. This form of therapy focuses on the fact that a positive attitude, in turn, might help the patient have more acceptable expectations of themselves and others. More information about the many different types of therapy offered by Through The Forest Counseling in New Haven can be found on their website.

Those who have worked with a Through The Forest Counseling therapist in Boston have had high praise to share about their experience. Gregory Bates says in their 5-Star review, "I've been coming Through The Forest Counseling of Boston for years and have always been treated with respect and kindness. Everyone I've recommended here has had a positive experience and plans to return. Listen to people who have been coming here for years. Good people, good team, and good work is being done here."

James Anderson writes in their review, "Through The Forest Counseling of Boston counseled me for 20 months, during which they helped me understand how to make sense of what had happened to me as a child and how it was affecting my current situation. They paid close attention to what I presented to each session and frequently assisted me in developing strategies that were informed by my basic beliefs, while also providing me with helpful metaphors and visual representations of my words. I wholeheartedly endorse his reassuring and reassuring, person-centered approach. Surely recommend them."

Those who want to learn more about Through The Forest Counseling and their range of services are welcome to visit the counseling center's website to get started. They encourage interested parties to get in

touch with their team via phone or email. For instance, Felicha Laforest can be reached in this manner for further details. Through The Forest Counseling also offers counseling in Quincy.

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For more information about Through The Forest Counseling, contact the company here: Through The Forest Counseling Felicha Laforest (866) 540-1290 forestcounseling12@gmail.com 100 Cambridge St, Suite 1400, Boston, MA 02114

Through The Forest Counseling

Through The Forest Counseling is a mental & behavioral health practice comprising a group of therapists in Boston, MA, offering counseling services for all ages. The clinic is black-owned, women-led and is LGBTQ-friendly.

Website: <https://forestcounseling.net/>

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