Wellness Counseling Takes Center Stage with Spotlight on Hoboken Girl

March 25, 2024

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HOBOKEN, NJ - Wellness Counseling, a distinguished therapy practice with a focus on healing and growth, is stepping into the spotlight with an exclusive feature on Hoboken Girl, a leading lifestyle platform in the area. The spotlight shines on Wellness Counseling's commitment to providing comprehensive mental health services and its dedication to fostering a supportive environment for clients of all ages.

Founded by Dr. Jennifer Politis, an esteemed educational psychologist, licensed school psychologist, and licensed therapist, Wellness Counseling has been at the forefront of promoting emotional well-being since its inception in 2011. Dr. Politis' transition to private practice marked the beginning of a journey dedicated to empowering individuals to prioritize their mental health.

With three convenient locations in Montclair, Ramsey, and Hoboken, New Jersey, Wellness Counseling offers a warm and inviting atmosphere designed to make clients feel at ease as they embark on their therapeutic journey. Each space is carefully curated to facilitate healing and growth, ensuring that clients can focus on their emotional well-being.

Dr. Jennifer Politis, along with the dedicated team of highly skilled therapists, understands that taking the first step into therapy can be daunting. That's why they have streamlined the scheduling and billing process, allowing clients to focus solely on their healing journey. The administrative team handles insurance matters, ensuring that clients can effortlessly navigate the complexities of mental health services.

Diversity is celebrated as a strength at Wellness Counseling, where therapists with varying backgrounds, beliefs, and specialties come together to better serve the unique experiences of clients. Dr. Politis emphasizes the importance of promoting inclusion, both in the composition of the team and in the delivery of exceptional client care.

Clients are expertly matched with the right therapist to create a personalized and impactful therapy experience. In Hoboken, the clinic boasts a team of five therapists, each specializing in areas such as

anxiety, depression, couples counseling, eating disorders, and more. The team includes Taylor Pini, MA, LPC; Charlene Juengling, MA, Ed.S., LPC; Jessica Alves, MA, LPC; Gianna DiLaura, MSW, LSW; and Felipe Alexandre, MA, LAC, NCC, all of whom bring a wealth of experience and expertise to the practice.

Wellness Counseling offers a wide range of services tailored to meet the diverse needs of its clients. From therapy for children and adolescents navigating stressful life changes to counseling for adults dealing with grief, loss, and life transitions, the practice provides compassionate support every step of the way. Couples can also benefit from counseling services aimed at strengthening communication and fostering healthier relationships.

In addition to in-person sessions, Wellness Counseling also offers telehealth/virtual sessions for clients who may have difficulty attending in-person appointments. This flexible option ensures that everyone has access to the support they need, regardless of their circumstances.

For those looking to prioritize their mental health in the new year, Wellness Counseling provides a beacon of hope and healing. With its spotlight feature on Hoboken Girl, the practice aims to reach even more individuals in need of compassionate and personalized mental health care.

For more information about Wellness Counseling, please visit their website at https://www.wellnesscounselingbc.com/.

About Wellness Counseling:

Wellness Counseling is a private therapy practice specializing in supporting and encouraging children, families, and adults to make flourishing decisions and positive changes in their lives.

Wellness Counseling in New Jersey helps children, teens, couples, families, and adults. Wellness Counseling supports clients going through a difficult transition at home or school, or are experiencing stress, anxiety, depression, or self-doubt. By applying different therapy approaches and techniques, we will alter long-standing behavior patterns and negative perceptions that hold clients back from experiencing a more fulfilling and meaningful life.

Wellness Counseling therapists can partner with guidance counselors, teachers and administrators, pediatricians, school nurses, psychiatrists, and other medical professionals to access the resources patients

of all ages and life milestones may need. From managing major transitions like relocating and divorce to improving family dynamics, Wellness Counseling helps clients reconnect with their inner strength, reduce anxiety and conflict, heal their relationships, and rediscover the joy in their lives.

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For more information about Wellness Counseling, contact the company here:Wellness CounselingWellness Counseling201-661-8070info@wellnesscounselingbc.com470 North Franklin TurnpikeSuite 201Ramsey, NJ 07446

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