## THRIVING JOURNEY THERAPY, PLLC LISA LACEN, LMFT

TREATING INDIVIDUALS, FAMILIES, COUPLES, ADULTS & CHILDREN/ADOLESCENTS PRACTICE MAIN AREAS OF FOCUS INCLUDE TRAUMA, DEPRESSION, ANXIETY, GRIEF, ADJUSTMENT DIFFICULTIES, BODY IMAGE/SELF-ESTEEM, PHOBIAS, OCD, DISTRESS TOLERANCE, EMOTION REGULATION, AND INTERPERSONAL RELATIONSHIPS



TF-CBT CERTIFIED

EMDR AND CPT TRAINED

DBT TRAINED/PESI CERTIFIED

GOTTMAN LEVEL 1 & 2

INSURANCES ACCEPTED:
AETNA, ANTHEM, MEDICAID/
HUSKY, EVERNORTH/CIGNA,
OPTUM/UHC, CONNECTICARE,
HARVARD PILGRIM, MAGELLAN,
TRICARE CERTIFIED, MEDICARE

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