Hello, my name is Janai Weber and I have a LLPC in counseling. I hold a Master of Arts (MA) in Mental Health Counseling from Southern New Hampshire University. I have been trained to work with children, adolescents, adults, families, couples, and groups. I have assisted clients who have experienced presenting concerns with anger, abandonment, depression, anxiety, PTSD, stress, grief, self-esteem, and stress management. In addition to my experience working as a mental health counselor, I have also worked in social work where I have worked with clients who have struggled with trauma, substance use, domestic violence, and co-occurring disorders.

Counseling comes with a variety of theoretical orientations. I will use therapeutic approaches with you based on your concerns and what is best for your treatment needs. Cognitive Behavioral Therapy is a therapeutic approach that I have consistently used to help treat many different mental health disorders by decreasing any unwanted thoughts, behaviors, feelings, or patterns. There are treatment models and techniques that will be used where specific skills will be developed to help with your healing. I believe that clients know themselves better than anyone else does. We will collaboratively discuss different outcomes to those challenges, solutions, and I will help guide you to the best resolution that you would choose. Ultimately, you must decide what solution is best for your needs, use what have been explored throughout your counseling journey and apply it to your life as it may fit.

Counseling is a collaborative environment where clients have the freedom to share their life experiences, beliefs, values, patterns, and relationships that may have an influence of their presenting concerns. As a counselor I will be exploring challenges that have brought you to counseling, identifying strengths, exploring goals and a developing a treatment plan that will help make the changes based on your needs. I am committed to providing a safe and free environment that will allow positive growth.