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Lance Connelly MS, TLMHC

About Lance

Congratulations to you for exploring the counseling process. I believe that my life and work experiences have given me the compassion needed to support you through you on your journey to understanding and healing. I'm passionate about supporting others work through life's challenges and I believe we all can identify, recognize, and seek the change necessary to better ourselves. I find fulfillment in assisting my clients in overcoming obstacles and engaging behaviors that can be life changing.

Experience

I have worked in the counseling profession for 25 plus years. I've learned that we are all unique and need the opportunity to talk to someone at times. I have assisted individuals and families in need and provide an open and non-judgmental environment for my clients to express themselves.

My experience includes working with adolescents and adults dealing with: depression, anxiety, grief/loss, PTSD, life stressors, relationship issues, personality disorders, ADHD, and trauma. Interventions include: Cognitive Behavioral Therapy (CBT), Mindfulness-Based-Cognitive-Therapy, and Person Centered Therapy. Behavioral Therapy (CBT), Mindfulness-Based-Cognitive-Therapy, and Person Centered Therapy.