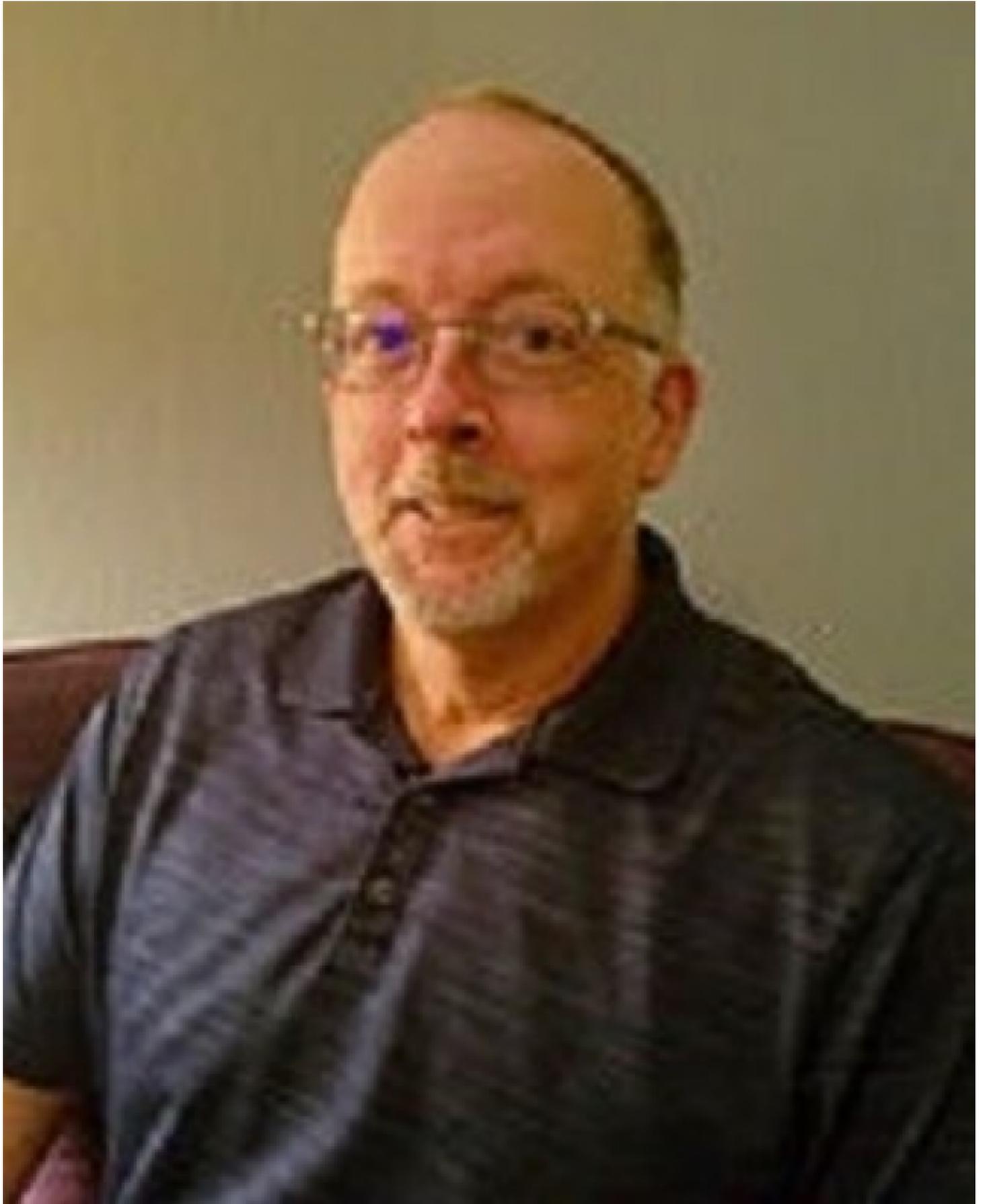


Jim Freeland, LCSW, Therapist and Social Worker with Mind and Body Counseling Associates

Get to know Therapist and Social Worker Jim Freeland, who serves the population of Reno, Nevada.



New York City, Mar 4, 2019 ([IssueWire.com](http://www.IssueWire.com)) - Jim Freeland has been in the behavioral health field

for nearly three decades. His career in Social Work began when Jim completed his undergraduate degree with his Bachelor of Science in Psychology from the University of Florida in 1986. Furthering his education, he graduated with his Master of Social Work with a focus on clinical social work from Florida State University in 1990.

He has an expertise in addressing depression, anxiety, recovery from trauma, marital and couples therapy, family therapy, coping skills, stress management, grief and loss, and behavior.

Among the modalities offered are cognitive behavioral therapy, dialectical behavior therapy, trauma informed therapy, the recovery model, solution focused therapy, and the Gottman Method for couples.

Why am I a therapist?

There are many reasons I am in this field. The initial draw was curiosity about people. I find people fascinating, each person has their own story, their own journey, their own struggles, and their own triumphs. I find it to be a humbling experience that a person I am working with in therapy is willing to trust me with the intimate details of the things they are seeking help for. I remain cognizant of the courage it takes to seek therapy, to seek recovery, to work on making changes. The resiliency that people are capable of never ceases to amaze me. It is truly a moving experience to be a part of seeing the growth, the healing, the recovery, the discoveries, the insights, and the dreams that people bring to fruition in the journey we call therapy. I am a firm believer that therapy is something I do WITH a person not TO a person; it is very much a collaborative effort as I meet the person where they are and walk with them on their path to wellness.

Among my interests when I am not working are mountaineering, mountain climbing, and hiking. In addition to helping me sort things out, it also crosses over into my work in the form of bringing a can do optimism to my work; that determination to do my best to assist my clients in reaching their goals. Another crossover is the notion of “finding a route that goes”; which in mountaineering terms means if an initial route does not lead to the summit that further exploration is done until a route is found that will.

It is a constant learning process for me, from my training, to learning from mentors, colleagues, and perhaps most importantly from clients as wisdom comes from many sources.

Along with that is a passion for fighting stigma, that having a diagnosis is not a sentence, it does not define the person; that there is so much more to an individual than what they happen to be diagnosed with.

Jim currently practices with the Mind and Body Counseling Associates. They are Reno’s cutting edge counseling service who provide a wide range of psychological services to their patients in a beautiful, relaxing, and non-judgmental environment. It is their belief that the mind and body are inextricably connected. Using that concept as their foundation for healing, they approach each individual by assessing your physical health and its impact on the functioning of the mind.

Learn More about Jim Freeland:

Through his findatopdoc profile, <https://www.findatopdoc.com/> Through Mind and Body Counseling Associates, <https://www.mbcareno.com/> he can be contacted at 775-507-7222, and is located in Reno, Nevada.

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide on you your journey towards optimal health by providing you with the know how to make informed decisions for you and your family.

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