

Breehsha Comish, LMFT to Oversee Clinical Counseling Team at Sun Point Wellness Center in Lancaster, PA



Pennsylvania, Lancaster, Apr 7, 2021 ([IssueWire.com](https://www.IssueWire.com)) - [The Sun Point Wellness Center](#), a relationship, trauma & sex therapy center in Lancaster, Pennsylvania, is pleased to announce **Breehsha Comish, LMFT** will be overseeing the clinical services at the center. Comish will be offering a wide spectrum of therapeutic services designed to support healthier relationships and individual happiness.

Comish, licensed in Pennsylvania as a marriage and family counselor, uses evidence-based therapies which are designed to provide couples and individuals a safe place to overcome personal struggles and create healthy and happy relationships. Partners can improve their communication, work through parenting differences, and overcome intimacy and sexual issues. Additionally, she helps provide a path to emotional repair after an affair, preparation for a long-term partnership, and she uses an attachment-focused approach to feel connected in your relationship.

Breesha Comish recognizes that most relational skills are never taught, which can lead to emotional obstacles. Whether a small or large obstacle, as Clinical Director, she is dedicated to helping each person or relationship find the tools they need to heal. Comish's warm and safe space helps couples and individuals to express themselves freely.

"When you enter my office, you'll always be accepted for who you are, and never judged for any issues," said Comish, LMFT. "I provide an active role in meeting you with helping you achieve your treatment goals. I recognize that most conflict resolution and honest conversations about intimacy only happen behind closed doors. I'm dedicated to providing a sensitive and helpful approach to helping you make the changes to thrive in your relationship."

Comish also specializes in individual therapy, with a particular focus on **young adults and teens**. She provides an affirming space to those who are recognizing themselves as LGBTQ+ as well as, young adults navigating life decisions. Comish focuses on **Acceptance and Commitment Therapy**, and attachment-focused therapy, which both are systems that empower clients to learn to love who they are.

One of her most sought-after therapeutic specialties is **EMDR, or Eye Movement Desensitization and Reprocessing**. This new, research-based therapy works with those who have experienced serious trauma, anxiety, or life events that seem too overwhelming to process. The technique helps individuals work through painful memories and successfully move past negative associations to unfortunate life events. **EMDR** has shown to be effective in helping clients:

-- Navigate Successfully Through Major Life Transitions

-- Rise Above and Beyond Personal Past Trauma

- Improve Family Relationships
- Resolve Marriage and Sexual Issues

Breehsha Comish is currently accepting clients for counseling at the Sun Point Wellness Center in Lancaster, PA. She also welcomes you to meet her team of Primary Therapists at her practice. Information on how to book an initial appointment or to learn about other therapy options is on the website at www.SunPointWellness.com.

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Source : Sun Point Wellness Center

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