

Jeff Johnson to Offer Limited Couples and Family Therapy Intensives at Sun Point Wellness in Lancaster, PA



Pennsylvania, Lancaster, Aug 16, 2021 ([Issuewire.com](https://www.issuewire.com)) - [Sun Point Wellness Center](#) in Lancaster, PA is pleased to announce Jeff Johnson, a highly respected mental health counselor will guide the marriage & family clinical team at their location in Lancaster, Pennsylvania.

Jeff Johnson, MS, LMFT (Licensed Marriage and Family Therapist) has more than a decade of experience treating children, teens, couples, and families. He provides marriage counseling, **EMDR** trauma therapy, and is LGBTQ-affirming.

Johnson uses a systemic approach to help individuals, couples and families overcome mental health challenges to live more fulfilling lives. His goal for the team and Sun Point Wellness Center is to provide the community of Lancaster with compassionate, effective guidance in resolving personal, social, or psychological problems and difficulties.

“I am very excited about this opportunity to work with the esteemed professionals at **Sun Point Wellness Center**,” said Johnson. “My goal is to support the marriage and family clinical team here as we provide the best possible **counseling, therapy**, and intensive programs to the community of Lancaster. ”

In addition to serving as a Primary Therapist offering limited intensives designed for couples and families, he now oversees the therapists skilled in marriage and family clinical counseling at the center.

“Jeff Johnson is an outstanding addition to the team at Sun Point Wellness Center,” says [Laura Morse, Executive Director of Sun Point Wellness Center](#). “He supports clients with unconditional positive regard and compassion in order to have more joy and happiness in their lives.”

Counseling and **EMDR** therapy are services most sought after by clients visiting the center. Each is proven to help sufferers process and move beyond past trauma. The EMDR (Eye Movement Desensitization and Reprocessing) approach can help one to change the patterns of repetitive negative memories that disrupt daily life. Counseling and therapy help clients learn new coping strategies, and heal emotional pain. Most clients report constructive, worthwhile results after the first few sessions.

To learn more about the Marriage and Family Counseling practice at Sun Point Wellness Center in Lancaster, or to schedule an appointment for **EMDR, couples counseling, and marriage therapy**, visit www.SunPointWellness.com.

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Source : Sun Point Wellness offers everything from therapy for teens to marriage and couples counseling. The team at the Sun Point Wellness Center specializes in EMDR counseling, LGBTQ and sexuality issues, and individual therapy to improve relationships and encourage clients to create their most fulfilling life.

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