

Therapist Sean Cox Joins the Mental Health Team at Sun Point Wellness Center



Lancaster, Pennsylvania Dec 5, 2022 ([Issuewire.com](https://www.issuewire.com)) - [Sun Point Wellness Center](#) in Lancaster, PA is proud to announce they are again growing their counseling team with the addition of **primary therapist Sean Cox**.

[Sean Cox](#), who earned a MA in Clinical Mental Health Counseling from Liberty University, has worked locally in the mental health field for years, and has a passion for helping others. Sean has a unique approach to counseling and uses a variety of effective therapeutic techniques to help his clients achieve their goals. He is a dedicated professional who truly cares about his clients and their well-being.

“Sean is a welcome addition to our staff and we are so happy he has joined our center,” said Sun Point’s Executive Director Laura Morse. “Sean creates a safe and non-judgmental space for all who enter his office, in order to help them share their experiences and improve their lives.”

Sean is a **therapist** who specializes in helping people struggling with **trauma, depression, anxiety, mood disorders, PTSD, and grief**. Sean also has expertise in religious trauma, low self-esteem, affair repair, gender, and sexual identity issues, and spiritual deconstruction. Sean creates a safe space for

those looking to discuss both women and men's intimacy issues, and welcomes those in non-traditional relationships, along with diverse sexual interests.

Cox has a focus on an intersystemic model, which allows him to take his time to gather each client's history, and adapt his therapeutic style to meet each client's needs and goals. He believes strongly in taking an active approach to treatment planning. Whether you're looking for short or long-term **individual counseling or couples therapy** work, his goal is to create and customize the best treatment plan possible.

His primary treatment modality is **Dialectical Behavior Therapy**. DBT is regarded as an effective evidence-based psychotherapy that is used to treat many conditions, including mood disorders, anxiety, depression, and eating disorders. Cox also utilizes techniques from Structural Family Systems Therapy and Acceptance and Commitment Therapy (ACT). Structural family systems (SFT) is a type of therapy that focuses on the family system as a whole, and Acceptance and Commitment Therapy (ACT) is a type of therapy that helps people learn to stop avoiding, denying, and struggling with their inner emotions and, instead, accept that these deeper feelings are appropriate responses to certain situations that should not prevent them from moving forward in their lives.

Sean is a strong believer in the power of group work and was proud to lead a shared therapeutic process experience for men who were working through issues such as anxiety, depression, and learning vulnerability. As they shed toxic masculinity concepts, the men in the group were able to build stronger relationships and become more authentic versions of themselves.

"Therapy can be a powerful tool for creating positive change in a troubled life," said Cox. "It is a brave step to seek therapy, but I believe that everyone has the potential to create a more fulfilling path for themselves, and I look forward to supporting each journey."

To learn more about [Sean Cox](#) and other therapists at Sun Point Wellness Center, visit <https://www.sunpointwellness.com>.

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Source : Sun Point Wellness Center specializes in EMDR counseling, LGBTQ and sexuality issues, trauma and PTSD, individual therapy and couples counseling. Their goal is to encourage clients by promoting healing that supports the most fulfilling life possible.

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