

Sun Point Wellness Center Welcomes Victor Franco to Their Team Offering the Best Counseling in Lancaster, PA



"As long as you keep secrets and suppress information, you are fundamentally at war with yourself...The critical issue is allowing yourself to know what you know. That takes an enormous amount of courage." ~ Bessel van Der Kolk

Lancaster, Pennsylvania Oct 2, 2023 ([Issuewire.com](https://www.issuewire.com)) - Sun Point Wellness Center, a leading provider of mental health services in Lancaster, Pennsylvania, is thrilled to announce the newest addition to their team, [Victor Franco](#). With a commitment to compassionate care and a diverse range of expertise, Victor brings a wealth of experience to the center, further solidifying Sun Point Wellness Center's reputation for providing the best counseling services in Lancaster, PA.

Victor Franco is not just a therapist; he is a compassionate listener dedicated to helping individuals, couples, and families achieve their goals. His clients describe him as grounded, creative, responsible, and detail-oriented. Victor's career has been defined by a profound commitment to the well-being of others, making a positive impact on the lives of those he serves.

Victor's diverse range of expertise spans LGBTQIA+ mental health, domestic violence, couples therapy, trauma and PTSD, depression, mood disorders, and anxiety. He excels in working with systems, making him a valuable resource for individuals dealing with children and adolescent behavioral issues, as well as complex couples or family challenges. Furthermore, Victor brings a unique perspective to immigration and acculturation challenges, Latino culture, and religious/spiritual matters, offering tailored support to those facing these sensitive concerns.

One of Victor's core beliefs is in client-directed therapy, recognizing that each person's journey is unique and deserving of personalized care. He employs a rich toolkit of psychotherapy techniques, including

Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Solution-Focused Therapy (SFT), Motivational Interviewing, and Mindfulness. Victor's creativity shines through in his incorporation of creative arts expression, such as art and writing, to facilitate a deeper exploration of emotions and their origins.

Most recently, Victor worked at a private practice in New York, providing talk and art therapy to his clients. He is passionate about integrating creative elements into healing work, aligning with clients' desires. Victor Franco's prior professional experience includes roles as an Expressive Arts Therapist at Lancaster Behavioral Health Hospital (LBHH), where he led groups focused on DBT-based art therapy. He also served as a Bilingual Spanish Counselor at the Victims Information Bureau of Suffolk (VIBES), offering individual art therapy-based counseling and domestic violence psychoeducation groups. Additionally, he worked as an Art Therapist at Integral Help Group, providing individual sessions to individuals dealing with various mental health issues.

"Sun Point Wellness Center is proud to have Victor Franco join our team, further enhancing our mission to provide the best counseling in Lancaster, PA," said Sun Point Wellness founder Laura Morse. "With Victor's expertise and dedication to compassionate care, clients can expect exceptional support on their journey to mental and emotional well-being."

For more information about Victor Franco and the services offered at Sun Point Wellness Center, please, visit <https://www.SunPointWellness.com> for a free consultation, or to make an appointment for counseling in person or virtually online.

Media Contact

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Source : Sun Point Wellness Center is a leading provider of mental health services in Lancaster, Pennsylvania. Their team of experienced therapists and counselors is committed to helping individuals, couples, and families achieve their mental and emotional well-being goals. They offer a wide range of evidence-based therapies and a client-centered approach to ensure personalized care for each individual.

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