

Amy Svoboda, MA, LPC, CCTP: Tele-Clinician with SUN Behavioral Health

Experience Compassionate Care and Professional Support from the Comfort of Your Home



New York City, New York Dec 10, 2024 ([Issuewire.com](https://www.Issuewire.com)) - Texas - Amy Svoboda, MA, LPC, CCTP, a seasoned Licensed Professional Counselor and Certified Clinical Trauma Professional, is proud to announce her role in providing accessible and affordable online therapy through SUN Behavioral Health. With over 15 years of experience in the mental health field and advanced degrees in Counseling Psychology from the University of North Texas, Dr. Svoboda is dedicated to helping individuals navigate

their mental health challenges in a safe and supportive environment.

In her line of work, Dr. Svoboda specializes in addressing a variety of mental health issues, including stress and anxiety, trauma and abuse, bipolar disorder, and depression. Her extensive training allows her to employ a diverse range of therapeutic approaches tailored to meet the unique needs of each client. These methods include Attachment-Based Therapy, Client-Centered Therapy, Cognitive Behavioral Therapy (CBT), Jungian Therapy, Mindfulness Therapy, Motivational Interviewing, Psychodynamic Therapy, Solution-Focused Therapy, Somatic Therapy, and Trauma-Focused Therapy.

Understanding that seeking help can be a daunting step, Dr. Svoboda emphasizes the importance of creating an open atmosphere for her clients. "Taking the first step toward a more fulfilling and happier life takes courage. I am here to support you through that process, ensuring you feel valued and understood," she says.

Research supports the effectiveness of online counseling, with a study from the University of California, Berkeley finding that virtual therapy can be just as impactful as in-person sessions. This innovative approach not only enhances accessibility but also provides a convenient and cost-effective solution for those seeking mental health support.

Clients can connect with Dr. Svoboda from the comfort of their own homes, making therapy more accessible than ever. Whether facing everyday stressors or deeper emotional challenges, individuals can find the guidance and care they need to foster personal growth and healing.

Learn More about Dr. Amy Svoboda:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/84456202-Amy-Svoboda-Counselor-Therapist>

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