

Letha Page, LCSW-QS, MCAP, and CFMHE: A Dedicated Therapist Committed to Empowering Clients in Jacksonville, FL

Providing Quality Mental Health Care for Individuals and Couples Navigating Life's Challenges



New York City, New York Feb 21, 2025 ([Issuewire.com](https://www.Issuewire.com)) - A New Page Counseling, LLC is proud to announce the continued presence of Letha Page, LCSW, a skilled therapist dedicated to helping

individuals and couples navigate the complexities of their emotional and mental health. With a focus on relationship conflicts, trauma, dual diagnoses, borderline personality disorder (BPD), and emotional dysregulation, Letha Page brings a wealth of experience and a unique perspective to her practice in Jacksonville.

As a military veteran's wife, Letha is deeply passionate about providing quality mental health care to those in need. Her therapeutic approach is rooted in the belief that clients are the experts on their life experiences and possess the power to create meaningful changes through therapy. Letha's journey in mental health began in 2008, working with military families and victims of crime, which laid the foundation for her expansive knowledge and compassion in the field.

Throughout her career, Letha has worked with a diverse clientele, including members of the LGBTQIA community, individuals with serious emotional disturbances, chronic medical conditions, and various mental health issues such as mood disorders, anxiety, depression, and substance abuse. Her objective is to ensure that clients receive personalized care that addresses their unique needs while fostering an environment where they can express themselves freely.

"I am committed to being there when you need me most," Letha shares. "My goal is to help you explore your thoughts and feelings, heal from past experiences, and move forward into a happier, healthier mindset."

At A New Page Counseling, Letha utilizes a variety of evidence-based therapeutic techniques tailored to each client's needs. These approaches include Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Motivational Interviewing (MI). By employing these methods, Letha helps clients build essential skills and navigate their path toward self-discovery and wellness.

Clients can expect to gain valuable insights from their sessions with Letha. "I provide a space to slow down and reflect," she explains. "Together, we will better understand your choices, your desires, and how to achieve a fulfilling life. I encourage clients to challenge their assumptions and explore new possibilities as they take steps toward their goals."

Letha's strengths lie in her expertise in facilitating life changes through individual, couple, and group therapy. She has a special affinity for working with adults, military families, and veterans facing life transitions, stressors, and complex mental health challenges. Her ability to create a comfortable and safe environment allows clients to collaborate with her in their therapeutic journey.

At A New Page Counseling, Letha Page stands out as a compassionate clinician who employs a flexible approach, ensuring that therapy is not a one-size-fits-all experience. With her extensive training and commitment to ongoing professional development, Letha tailors her methods to fit each client's needs, fostering an atmosphere of collaboration and trust.

Learn More about Letha Page:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/83278581-Letha-Page-Social-Worker> or through A New Page Counseling, <https://www.anewpagecounseling.com/about>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards

optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Letha Page, LCSW-QS, MCAP, CFMHE

[See on IssueWire](#)