

Major Counseling Expands Comprehensive Therapy Services in Alpharetta GA to Support Mental Health for All Ages



Alpharetta, Georgia Aug 17, 2025 ([Issuewire.com](https://www.issuewire.com)) - In a time when mental health is increasingly recognized as a vital part of overall well-being, Major Counseling is proud to announce the expansion of its **therapy services in Alpharetta GA**, offering a full spectrum of care for individuals, couples, and families. From teen counseling to divorce recovery therapy, the center is committed to providing compassionate, effective solutions for the community's most pressing emotional and psychological needs.

Meeting the Growing Need for Mental Health Support in Alpharetta

The pressures of modern life—academic stress, relationship challenges, parenting demands, and workplace burnout—are driving more people to seek professional help. Major Counseling's licensed therapists are trained in evidence-based approaches to help clients navigate life transitions, manage anxiety, improve relationships, and heal from emotional trauma.

"Every person's mental health journey is unique," says [Jo-Anne T. Liakakos], lead counselor at Major Counseling. "That's why we've built a diverse team with expertise across a wide range of specialties, ensuring that anyone in Alpharetta can find the support they need close to home."

Teen Counseling: Guiding the Next Generation Through Challenges

Adolescence is a critical developmental period, often accompanied by intense emotional and social pressures. Major Counseling's **teen counseling** program addresses issues such as academic stress, social anxiety, depression, self-esteem struggles, and family conflict.

Therapists work closely with both teens and parents to create a safe, judgment-free space where young people can express themselves openly. Through tailored strategies, teens learn coping skills, emotional regulation, and confidence-building techniques to navigate life's challenges.

Couples Counseling: Rebuilding Connection and Trust

Relationships thrive on communication, trust, and mutual respect. Yet even the strongest partnerships can face challenges. Major Counseling's [couples counseling](#) services help partners address communication breakdowns, recurring conflicts, intimacy concerns, and breaches of trust.

Using proven therapeutic models such as Emotionally Focused Therapy (EFT) and the Gottman Method, therapists guide couples in understanding each other's perspectives, resolving conflicts constructively, and rebuilding emotional closeness. Whether couples are newly together or decades into their marriage, therapy provides the tools to create a stronger bond.

Parenting Counseling: Strengthening Family Dynamics

Parenting in today's fast-paced, high-pressure world can be overwhelming. Major Counseling offers [parenting counseling](#) to help parents navigate behavioral challenges, improve communication with children, and establish healthy boundaries.

Sessions focus on building parenting confidence, fostering positive discipline strategies, and strengthening the parent-child relationship. The goal is to create a nurturing home environment where children can thrive emotionally and academically.

Anxiety Counseling: Finding Calm in a Stressful World

Anxiety affects millions of Americans, impacting daily life, work, and relationships. Major Counseling's [anxiety counseling](#) program uses a combination of Cognitive Behavioral Therapy (CBT), mindfulness training, and relaxation techniques to help clients break free from constant worry and overthinking.

Therapists teach clients how to identify anxiety triggers, develop healthier thought patterns, and implement daily practices that promote calmness and resilience. With the right tools, clients can regain control over their lives and reduce anxiety's impact on their overall well-being.

Individual Therapy: A Personalized Path to Growth

For those seeking one-on-one support, Major Counseling provides [individual therapy](#) tailored to each client's needs. Sessions may address depression, grief, trauma, self-esteem issues, or personal growth goals.

"Our individual therapy approach is rooted in collaboration," says [Jo-Anne T. Liakakos]. "We empower clients to set their own pace and define what healing looks like for them." Whether clients prefer short-term solution-focused therapy or ongoing emotional support, the center's therapists are equipped to

help.

Divorce Recovery Therapy: Healing and Moving Forward

Divorce is one of life's most challenging transitions, often bringing emotional pain, uncertainty, and lifestyle changes. Major Counseling offers [divorce recovery therapy](#) to help individuals process their emotions, rebuild self-worth, and create a vision for a fulfilling future.

Therapists guide clients through grief processing, co-parenting strategies, and healthy boundary-setting, ensuring that they emerge stronger and more resilient after divorce.

Why Choose Major Counseling?

- **Comprehensive Services Under One Roof** – From teens to adults, individuals to families, the center offers a full range of therapy services.
- **Evidence-Based Techniques** – Proven approaches ensure effective and lasting results.
- **Local Expertise** – As a trusted provider of therapy services in Alpharetta GA, the team understands the unique needs of the community.
- **Flexible Options** – In-office and virtual therapy appointments to fit every schedule.
- **Compassionate, Confidential Care** – A safe environment where clients feel supported and respected.

Commitment to the Alpharetta Community

Major Counseling isn't just a therapy center—it's a community partner. The team frequently participates in local events, mental health awareness campaigns, and school outreach programs, making mental health resources more accessible to everyone in Alpharetta.

About Major Counseling

Major Counseling Solutions & Consulting is a leading provider of **therapy services in Alpharetta GA**, offering specialized care in teen counseling, couples counseling, parenting counseling, anxiety counseling, individual therapy, and divorce recovery therapy. With a mission to empower individuals and strengthen relationships, the center is dedicated to fostering mental wellness for clients of all ages.



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