Yaakov Hillel Goodman, MFT

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Yaakov Hillel is a psychotherapist with a Master's Degree in Family Therapy, a wide range of experience in working with clients of all ages, and a specific niche working with teens and young adults. He has a tailored focus in helping his clients who have difficulty in managing, feeling, and coping with intense emotions. This is a supportive, compassionate, and connective therapy where we believe that "the true way out, is in."

"In order to write your next chapter, you have to own your story"

So often we are plagued and bogged down by racing thoughts about the future, hurtful memories from the past and an unsettled uneasiness in the present. We will work together in a client-focused session to help manage and overcome struggles such as:

- Trauma
- Anxiety
- Codependency
- Depression
- Addiction
- Loneliness
- Grief
- Life Stage Ajustment
- Relationship difficulties
- Academic Issues
- Self-image
- Social Inhibitions
- Family Conflict
- Compulsive Thoughts

Using DBT techniques and skills, Supportive Therapy, Mindfulness and Cognitive Reframing, we can work together to stop the cycle of resistance and get off the merry-go-round of avoidance and distraction. We will develop the internal strength to dive right in to our thoughts and feelings with healthy coping mechanisms and emotional management skills to embrace our lives as they are.

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