

Mosaic Way Counseling

Mosaic Way Counseling Logo

Address

Contact Person

Mobile Number

Email

Mosaic Way Counseling QRCode

2435 E Southlake Blvd Ste 140

info@mosaicwaycounseling.com

Mosaic Way Counseling – Southlake

Providing expert therapy and counseling services to individuals, couples, families, and groups in Southlake, Keller, Grapevine, and Colleyville.

We support Adults, Teens, and Children in overcoming:

Trauma

Anxiety

Depression

Relationship Issues

Postpartum, Pregnancy & Maternal Mental Health

Child Behavioral & Socialization Challenges

Our licensed professional counselors use evidence-based approaches, including:

Eye Movement Desensitization and Reprocessing (EMDR)

Cognitive Behavioral Therapy (CBT)

Trauma-Informed Cognitive Behavioral Therapy (Ti-CBT)

Solutions-Focused Therapy

Play Therapy

Music & Expressive Arts Therapy

Gottman Method for Couples Therapy

Dialectical Behavior Therapy (DBT)

Mosaic Way therapists receive advanced training in EMDR to help you heal and thrive.

For more details, please visit <https://www.eqlic.com/detail/mosaic-way-counseling-southlake-361520>
