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# parkwood counseling center

Clinical Counseling from a Christian Perspective

## Types of Treatment

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Life-Coaching

Cognitive Behavioral [CBT]

Family Systems

Mindfulness-Based [MBCT]

Psychodynamic

Reality Therapy

Solution Focused Brief [SFBT]

Trauma Focused Cognitive

Behavioral Therapy

Cognitive Therapy

Play Therapy

Art Therapy

## Modality

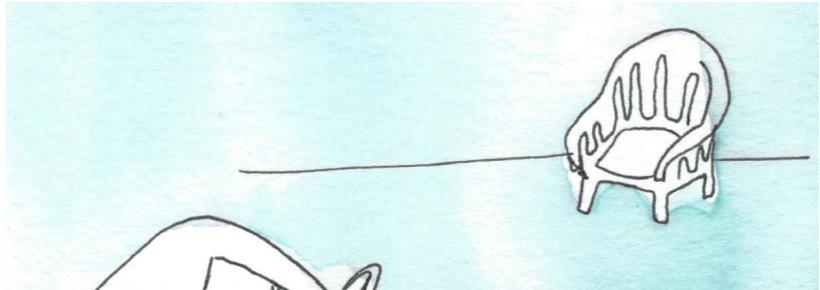
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Individual, Family and Couples

## Specialties

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Creativity and the Arts, Child or Adolescent, Communication in Families, Mood Disorders, Conduct Disorders, Personality Disorders, ADHD



## It's NOT Christian Counseling

Parkwood Counseling Center is a new resource in the Arlington community and greater Jacksonville area providing clinical counseling for all people. Using innovative, proven and creative strategies the clinicians will provide excellent care and compassion to help you and your family grow in health and stability. While we are not Christian counselors we are Christians and our approach to counseling is clinically based. We recognize the importance of spirituality in the healing process and affirm the work of God as the healer. We also use wisdom and proven treatment processes to provide a positive holistic practice for all clients. All people need some type of counseling or coaching at times and we make it a priority not to discriminate at any level.

## Why We Exist

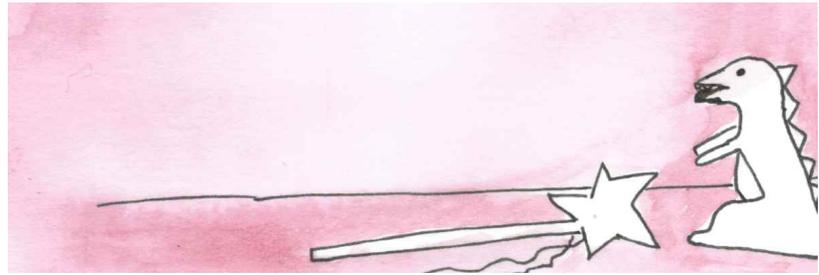
Parkwood Counseling Center exists to help families, and individuals reach their full potential in life. We want all people to be whole and healthy, using our services to get through life's tough times with the goal of being happy and healthy once again.

## Other Reasons for Counseling

- Academic Underachievement
- Anxiety
- Bipolar Disorder
- Divorce
- Life Coaching
- Sleep or Insomnia
- Suicidal Ideation
- Anger Management
- Behavioral Issues
- Depression
- Dual Diagnosis
- Peer Relationships
- Spirituality
- Trauma and PTSD

## Location

Parkwood Counseling Center  
7900 Lone Star Rd  
Jacksonville, Florida 32211  
Office: 904-725-2500 ext 115  
Fax: 904-725-2578



## Our Clinician

Emily Yi, LCSW, graduated from Florida State University in 2010. She is married to her husband, Eric, and they have a newborn daughter, Maylee, and a dog, Link. Emily is knowledgeable in several treatment types and specializes in utilizing art in therapy. Her unique giftedness as a therapist is complimented by her faith and knowledge of scripture. Her blog CreatedWhole provides resources and ideas on tapping into the creative process for healing.

*“I believe we were created by our Heavenly Father, in his image and can be made whole and holy through his Holy Spirit at work in us. ‘Created in His image’ means that we, too, are creative. Through exercising our creativity, we can process trauma, solidify our identity, and remain focused on our purpose.” - Emily Yi, excerpt from [createdwhole.blogspot.com](http://createdwhole.blogspot.com)*

### Fees and Payment

\$60 per session / \$35 per half session

Payment Methods: Cash, Check, Credit Card and PayPal

Insurance Accepted: as an Out of Network Provider

