

Counseling Professionals, PLLC

Jessica Sharpe, MS NCC LCMHC Associate



Contact Information

Address: 7406 Chapel Hill Rd Ste J, Raleigh, NC 27607-5039

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Phone: 984-664-0832

Hours: Tuesday- Thursday 5:00-9:00 PM

Experience Areas and Focus

Age Focus 18 to 55

Individual

Working with: Anxiety, Life Balance, Coping Skills, Depression, Health, Women Issues, Relationships, School Stress

Rates and Insurance Coverage

I take BCBS (But Not Local, Home, or Value), Medcost, Aetna, Cigna.

Please check for the latest panels.

Out of network rate: \$100.00.oo

Discounted Rate for special situations: \$60.00.oo

Personal Statement

Life can be rather challenging at times. These challenges generate a variety of overwhelming sensations and feelings that can make the ability to function and focus difficult. Challenges can be overcome by changing unhealthy beliefs, behaviors, and relationships as well as clarifying morals, values and goals. We all need help in finding personal direction and our life compass. I believe counseling is a collaborative process where two people come together to gain perspective and develop strategies to make healthy changes. The past cannot be changed; however, together we can come to terms with these past experiences and choose to have a healthier future.

As a therapist, I strive to provide a secure and nonjudgmental space that invites others to share in the voyage of self-discovery. I believe in a holistic approach to mental health. Emotional wellness is necessary to reach your goals and for empowerment. I want to be the partner that helps you find meaning to challenges you have faced and the strength in self exploration on the other side of those challenges. My approach and techniques to support progress are Solution-Focused Therapy, Reality Therapy, and Cognitive Behavioral Therapy, based on the needs of your situation. We can create a better life together and my personal objective is to help guide you in that process to reaching a better tomorrow. Success occurs when you are motivated to make changes. I invite you to let me be your resource, and assist in being the best YOU that you can be.

