

Counseling Professionals, PLLC



Joni Melfi M.Ed NCC LPCA

- Ideal Clients: Individuals, ages 13 or older (particularly young adults), families
- Specialties: Self-Esteem, LGBTQ+, Women's Issues, Stress, Relationships, Coping Skills, Trauma, Life Balance
- Insurance: Blue Cross Blue Shield (Not Value or Local)
- Rates: \$60-\$120 (Sliding Scale and Low-cost Possible)
- Office Hours: Monday-Thursday 2pm-7pm Telehealth Only
- Phone: (410) 916-2969
- Email: JoniMelfi@CounselingProfessionalsPLLC.com

Personal Statement:

I believe in providing a supportive environment to make therapy highly effective. Therapy can be a place to bring struggles to discuss and can also be a place to discover strengths. I strive to ensure that regardless of what you are bringing in to therapy, you always feel supported and confident that you are in competent and compassionate hands in charting your future.

I enjoy working with unique individuals and dynamic families. The focus of my previous training has been in supporting adolescents, military families, the LGBTQ+ community, and survivors of sexual assault. In therapy, I utilize an integrated theoretical approach with many approaches and tools that can meet you where you stand. To start, I engage primarily in a person-centered practice to build a relationship and honor your individuality before setting goals. This will be a team effort. I will hear you. I will meet you where you are and we will walk this path together. As your therapist, I hope by the end of our time together, you will be able to look at your life and yourself in a new, healthier way. I look forward to the working with you.

