



Joe Días, M.Ed, LPC-S

Joe has been in the mental health field for nearly 15 years and has built and directed several clinical programs, case management teams and supervised clinical interns throughout his career. Currently he is not in-network but offers sliding scale.

Joe utilizes a strength based, person-centered approach as the clients express their needs and, being solution focused, is direct in his delivery. Where his ideal client is one who is open and teachable, he enjoys the challenge of working with resistant clients who associate with feelings of over-therapization or disproportionate irrationality.

SPECIALIZING IN

- Individual/Couples/Family
- Middle Adulthood: 30-60 years
- Adolescent/Emerging Adults: 15-30
- Family Systems and Integrated Households
- Substance or Process Addictions/
Mood Disorders/Grief/Anxiety/Depression
- Relationship and Life Transitions
- Public Speaker and Teaching Corporate
or Private Wellness Workshops

APPROACHES INCLUDE

- CBT/DBT/Rational Emotive Behavior
Therapy/Motivational Interviewing
- Wrap Around Services: Connection to Services,
Med Management, Continuum of Care
- Holistic Approach addressing: Mindfulness,
Exercise, Diet/Nutrition, Sleep and Spirituality
- Trauma Informed and Crisis Mediation

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