



About Elizabeth Stone

Elizabeth is a Licensed Professional Counselor. She works with a wide variety of presenting issues within her private practice Stone Family Counseling. Some of which she treats are stress, anxiety issues, couples and/or families, phobias, pain management, sports performance, habit cessation such as weight loss, smoking and more.

She is often sought out for one her specialty in Hypnosis. Hypnosis can be extremely useful in achieving goals in the therapeutic process more quickly. For example it can help you release anxiety, performance improvement in sports, sleep better, eat healthier, ignore chronic pain, stop bad habits (smoking, eating sweets, etc.) and give you back a sense of control in your life. Hypnosis has been found to be one of the most useful tools in the therapy process to achieve goals faster.

Elizabeth graduated with honors from Villanova University with her Masters and Post Masters Certification in Psychology and Community Counseling. She also has a minor in Human Resources and a long working experience in Organizational Development. She does consulting on a variety of issues in the work place including management success, communication, strategy and using body language to succeed. After having worked in corporate America for many years she went back to college while working full time to change her career path. Now both specialties work together to benefit both consulting and therapy clients. Additionally she is Adjunct Faculty teaching both Psychology and Human Performance Management at 2 local Universities.

She believes that we all have the ability to succeed. However at times life presents us with obstacles that we need help or motivation to overcome. Client Focused solutions result in the best solutions for the client. "Choosing to help yourself is the best gift you can give yourself."

To see more about Elizabeth click on the link:

http://m.therapists.psychologytoday.com/rms/name/Elizabeth_K_Stone_MS,LPC_West+Chester_Pennsylvania_126363?name=Elizabeth_K_Stone_MS,LPC_West+Chester_Pennsylvania_126363

