
THRIVING JOURNEY THERAPY, PLLC

LISA LACEN, LMFT

**TREATING INDIVIDUALS, FAMILIES, COUPLES, ADULTS & CHILDREN/ADOLESCENTS
PRACTICE MAIN AREAS OF FOCUS INCLUDE TRAUMA, DEPRESSION, ANXIETY, GRIEF,
ADJUSTMENT DIFFICULTIES, BODY IMAGE/SELF-ESTEEM, PHOBIAS, OCD, DISTRESS
TOLERANCE, EMOTION REGULATION, AND INTERPERSONAL RELATIONSHIPS**



TF-CBT CERTIFIED

EMDR TRAINED

DBT TRAINED

GOTTMAN LEVEL 1 & 2

**INSURANCES ACCEPTED:
AETNA, ANTHEM, MEDICAID/
HUSKY, EVERNORTH/CIGNA,
OPTUM/UHC, CONNECTICARE,
HARVARD PILGRIM, TRICARE**

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