



CAROL JOYCE, LPC

TELETHERAPY: ILLINOIS

Carol Joyce is a Licensed Professional Counselor experienced in counseling and coaching a variety of adult and young adult populations. Her focus is on individual therapy designed to help clients experiencing stress, anxiety, grief/loss, depression, work/life issues and life transitions.

She also has a background in meditation/mindfulness/relaxation and supports self-actualization/empowerment utilizing these techniques to quiet the mind and develop the client's intuitive intelligence. Carol works collaboratively and takes an eclectic approach uniquely designed based on the client's own personal journey. She uses a Psychodynamic approach with a penchant for Carl Jung's theoretical orientation. She also pulls from Attachment Theory, Family Systems, Client-centered and Cognitive Behavioral Therapies. Carol uses empathic listening, an environment of unconditional positive regard, and the creation of safe space to support the client's desire to explore, process, and move toward self-growth. Carol received her Master's degree in Clinical Professional Psychology from Roosevelt University.

Carol is also the author of the book *How to Meditate like a Zen Master in Minutes*, highlighting her belief in the benefits of meditation/mindfulness. Carol had her own Coaching practice for 12 years. She is also a Trainer at the world-renowned Monroe Institute specializing in the exploration of human consciousness. Her knowledge of the effects of stress, anxiety, grief and loss on the human condition led to her research on "relaxation states", which was published in the Journal of Music Therapy in 2004.

AREAS OF INTEREST

Aging/Life Transitions/Elder Issues, Anxiety/Social Anxiety, Attachment Issues, Attention Deficit/Hyperactivity Disorder (ADHD), Bipolar Disorder, Caregiver Support, Career/Coaching/Occupation, Codependency, Depression, Existential/Spiritual, Grief/Loss, Guilt/Shame, Identity/Self-Esteem, Mindfulness/Meditation, Women's Issues