

## Practice Information

### Couples and Marriage Counseling

Infidelity issues  
Healthy communication and respect issues  
Co-parenting/blended family

Depression/ hopelessness  
Anxiety

### Adolescents & Individual Therapy

EMDR (Trauma Therapy)  
Uses bilateral stimulation with light, sound and touch to process PTSD, depression & childhood issues  
Start seeing results after only one 90 minute session

### Trainings

Certified Counselor Trauma Professional

EMDR trained

Qualified Supervisor for Mental Health Registered Interns

## Office Hours

Day	Hours
Monday	12:00pm - 8:00pm
Tuesday	12:00pm - 8:00pm
Wednesday	12:00pm - 8:00pm
Thursday	12:00pm - 8:00pm
Friday	12:00pm - 8:00pm
Saturday	4:00pm - 7:00pm
Sunday	4:00pm - 7:00pm



1540 International Pkwy  
Lake Mary, FL 32746

**Same day crisis appointments available**

407-416-3840

[www.LakeMaryCounseling.com](http://www.LakeMaryCounseling.com)

## Marriage and Family Counseling

Jacqueline Heiny  
MS, LMHC

Lake Mary Counseling  
(407) 416-3840