

HOME

My name is Dr. Juliann Mitchell, Ph.D. I am a licensed psychologist with over twenty years experience in counseling and psychotherapy. I am also a published author of three books, and a workshop presenter. Thank you for taking the time and energy to stop by. I am available to you via phone, email, or live chat.

You may be feeling "ashamed" or scared that you are "crazy," unsure of which direction in life to take. I am here to listen and I can help. Do you struggle with any of the following issues:

Frustrated or confused about a relationship
Concerned about not being "normal."
Feelings of sadness, unhappiness, and hopelessness about life
Don't know how to deal with holiday stress and family get togethers.
Difficulty sleeping
Unable to maintain a relationship with others
Drinking too much, overeating, overusing prescription drugs
Feeling angry
Cutting
Nervous or restless
Confused about sexual issues
Dissatisfied with your life, yourself, or your body
Stressed about a divorce or ex spouse
Feeling "crazy" and out of control
Unsure about your parenting skills
Devastated by a recent loss of a job or important relationship
Had a significant person die or leave you
Feeling lonely and scared
Have a chronic disease

I listen without judging, am sincere, caring, compassionate, insightful, calming, and experienced. It is important to find a professional to whom you feel connected and safe. I have many tools to share with you. Learning to manage your thoughts and feelings is a cornerstone to living a life free from guilt and self-blame. Life is not fair. We cannot always change what happens to us, but we can change how we handle it. I am dedicated to helping you help yourself. There is something very special in each and every one of us. It would be my privilege to accompany you on your journey to self-discovery and wholeness.

Appointment Process

Making an appointment is an easy three step process:

1. Read the Confidentiality Agreement .
2. Complete the Consultation Questionnaire and check box that you have read the Confidentiality Agreement.
3. Schedule Appointment / Make Payment .

If you are in crisis (suicidal and/or homicidal) please read this page .