

Sun Point Foundation Introduces Jordan Rast, M.S. Psychology, as Primary Therapist



Lancaster, Pennsylvania Nov 16, 2023 (IssueWire.com) - Sun Point Foundation is pleased to announce the addition of [Jordan Rast](#), M.S. Psychology, as a Primary Therapist, bringing a wealth of experience and expertise to their team of dedicated mental health professionals.

Jordan's journey in psychology began with a Master's in Experimental Psychology from Villanova University, followed by valuable research experience at the Positive Psychology Center at the University of Pennsylvania, where he collaborated with renowned psychologists including Angela Duckworth and Martin Seligman. Jordan's passion for helping others discover the most rewarding and enjoyable version of their lives is evident in his commitment to active treatment planning and goal achievement.

Laura Morse, Founder and Executive Director of Sun Point Foundation, expressed her excitement about Jordan joining the team, stating, "We are thrilled to welcome Jordan Rast to our center. His impressive academic background, research experience, and commitment to client-centered therapy align perfectly with our mission to provide comprehensive and compassionate mental health services."

Jordan is known for his authentic and enthusiastic approach in creating a space for vulnerable conversations tailored to individual needs. He integrates creative and experiential therapeutic modalities, guiding clients towards new potential paths for healing in their lives.

"When clients meet Jordan, they recognize his ability to create a collaborative therapeutic relationship with authenticity and customization," says Morse. "His approach is client-centered, focusing on everyday thoughts and behaviors, emphasizing the impact of changing these for improved emotional well-being."

Jordan adopts a Cognitive Behavioral Therapy (CBT) perspective, recognizing the transformative power of changing thoughts and behaviors. In addition to present-focused interventions, he employs evidence-based writing prompts to process and therapeutically revise significant and often painful memories.

All topics of conversation are welcome in Jordan's office, with a caring and compassionate approach. Clients often seek his expertise in addressing concerns such as **depression, anxiety, PTSD symptoms, sexual concerns, communication struggles, grief and loss, and LGBTQ+** concerns.

Jordan's clients describe him as enthusiastic, friendly, and objective, with an optimistic outlook. He integrates creative approaches with therapeutic modalities such as Mindfulness Therapy, Cognitive Behavioral Therapy, Narrative Therapy, and stress management coping techniques. His experience includes guiding conversations during emotional intensity and working with families concerned about suicidal ideation in their child or teenager.

Jordan's client-centered approach focuses on learning about each person's strengths and challenges, helping them build upon their inherent resiliency. Drawing inspiration from *The Phantom Tollbooth* by Norton Juster, Jordan encourages curiosity and emphasizes the wonder and beauty in the world, embodying a positive and transformative approach to life.

Jordan Rast extends a warm invitation to individuals seeking empowerment and thriving, irrespective of cultural, sexual, religious/spiritual, or gender diversity. With systemic training to address various life aspects contributing to suffering, Jordan is well-equipped to compassionately guide individuals, couples, and families towards meeting their mental health goals and fostering a fulfilling life.

Sun Point Foundation invites the community to learn more about Josh and the other mental health services they offer at www.sunpointfoundation.org.

Media Contact

Sun Point Foundation

getstarted@sunpointfoundation.org

(717) 297-0515

Source : Sun Point Foundation, situated in Lancaster, PA, stands as a prominent mental health and wellness facility. Their commitment lies in delivering evidence-based therapies and holistic approaches, aiming to empower individuals on their path to mental and emotional well-being.

[See on IssueWire](#)