

Sun Point Foundation Welcomes Taleshala Yates, MSW, as Primary Therapist



Lancaster, Pennsylvania Nov 21, 2023 ([IssueWire.com](https://www.IssueWire.com)) - [Sun Point Foundation](#) is delighted to announce the addition of [Taleshala Yates](#), Masters of Social Work, to its dedicated team of mental

health professionals. Taleshala joins the counseling team as a Primary Therapist, specializing in individual, child therapy, adult therapy, and family therapy, further reinforcing their commitment to providing comprehensive mental health services to our community.

With a rich background spanning over five years in various mental health agency settings, Taleshala brings a wealth of experience in transferring skills to diverse age groups, including children, adolescents, and adults. Her mission is rooted in creating a safe and accepting space where individuals can bravely pursue their mental health goals and find success and safety.

Laura Morse, Founder of Sun Point Foundation, expressed her enthusiasm about the new addition to the team, stating, "We are thrilled to welcome Taleshala Yates to our center. Her dedication to empowering individuals, coupled with her commitment to inclusivity and understanding, aligns perfectly with our values at Sun Point Foundation. We believe Taleshala's unique approach and diverse skill set will significantly enhance the quality of care we provide to our clients."

Inspired by her Social Work Professors and Dr. Foels in undergrad Global Wellbeing, Taleshala predominantly employs a strength-based model and empowerment perspective in her therapeutic engagements. She incorporates modalities such as **CBT interventions and behavior-focused therapy**, adding a touch of social work flair to her practice. Taleshala is passionate about inspiring clients through their resilience, emphasizing that they are not alone in their journey.

"My journey in social work has been influenced by my experiences as an African American woman in a community of people of color," said Taleshala Yates. "There are often overlooked barriers regarding mental health, and my aim is to bridge that gap. I am proud to love my work and continually strive for personal and professional growth."

Her areas of expertise include **Persons of Color Mental Health, Women's Mental Health, Children, African Americans, Latinos, LGBTQ+ Mental Health, CBT, and Couples Therapy**. Taleshala strongly believes that mental health services and therapy should be accessible to everyone, regardless of race, religion, sex, gender, orientation, or culture.

Beyond her professional endeavors, Taleshala enjoys a range of activities during her downtime. She finds strength in working out, appreciates the universal language of music, and indulges in the joy of cooking and experimenting with food.

As Sun Point Foundation expands its team with Taleshala Yates, the center reaffirms its commitment to providing high-quality, inclusive **mental health services** to the community. Taleshala invites individuals from all walks of life to join her on their journey towards self-empowerment and growth. For more information, visit the Sun Point Foundation website at www.sunpointfoundation.org.

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Source : Sun Point Foundation is a leading mental health and wellness center located in Lancaster, PA. Sun Point Wellness Center is committed to providing evidence-based therapies and holistic approaches to empower individuals on their journey to mental and emotional well-being.

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