

Julia A Boyd, M.Ed., LMHC: Dedicated Licensed Mental Health Counselor Transforming Lives in Federal Way, Washington

Empowering Mental Health Solutions for Lasting Change



New York City, New York Oct 19, 2024 ([Issuewire.com](https://www.issuewire.com)) - Julia A. Boyd, M.Ed., LMHC, a Licensed Mental Health Counselor, is making significant strides in the mental health landscape by offering her expertise and support at Sisters Kitchen Table in Federal Way, Washington. She provides counseling for adults (18+), individuals, couples, and groups seeking to navigate complex emotional challenges and achieve personal growth.

With a wealth of knowledge and experience, Julia specializes in various clinical areas, including anxiety, binge eating, body image issues, and borderline personality disorder. Her extensive background also includes support for chronic pain, depression, divorce, and separation, as well as issues related to domestic abuse, eating disorders, grief and loss, obesity, and weight management. Julia is particularly passionate about addressing race-based traumatic stress (RBTS), relationships, self-esteem, trauma and PTSD, violence, and women's issues, all while embracing artistic expression across all genres.

"I believe to grow and make change, it's helpful to have a set of tools to navigate the course. In that respect, I use evidence-based theoretical practices based on a philosophy of respect, trust, and providing a safe, nonjudgmental relationship. I want clients to know they've come to a place of hope, and my role as a therapist is to listen and guide, providing support and encouragement," Julia explains.

Armed with a Master of Education Degree in Counseling Psychology from Antioch University, a Master of Education Degree in Counseling and Guidance, Clinical Psychology from Pacific Lutheran University, and over four decades of experience, Julia employs a diverse range of therapeutic approaches tailored to meet the individual needs of her clients. These approaches include Acceptance and Commitment Therapy, Client-Centered Therapy, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, mindfulness techniques, Solution-Focused Brief Therapy, and Trauma-Informed Therapy.

In addition to her counseling practice, Julia is an accomplished author. She has written several books and articles on black women and mental health. Her contributions to the field emphasize the importance of understanding and addressing marginalized communities' unique challenges.

For those seeking a compassionate and knowledgeable counselor in Federal Way, Julia A. Boyd, M.Ed., LMHC, offers hope and support.

Learn More about Julia A Boyd:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/81389378-Julia-Boyd-Counselor-Therapist>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Julia A Boyd, M.Ed

[See on IssueWire](#)