

About

Background

The Healing Experience Counseling Center is a private therapy practice offering individual counseling for teen girls and adult women. I provide a supportive, reflective space for clients navigating anxiety, emotional overwhelm, and periods of change.

My approach is grounded in helping clients build self-awareness, understand their emotional experiences, and develop healthier ways of relating to themselves and others.

Values

- Compassionate, client-centered care
- Emotional safety and trust
- Growth through self-awareness
- Respect for each client's lived experience

Goals

The goal of therapy is to support emotional well-being, personal growth, and improved quality of life. Together, we work to increase insight, strengthen coping skills, and help clients feel more grounded and confident as they move through life.

Learn More

Telehealth Counseling in New Jersey, South Carolina, and Florida.

973-370-4030

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healingexperiencecounseling.org



Scan to learn more or
request a consultation



Nathasha Nazaire, LPC
Licensed Professional Counselor

**Therapy for
women and teen
girls ready to
grow and
improve their
quality of life.**

Primary Areas of Support

I help clients who are struggling with:

- Anxiety & overthinking
- Self-esteem & confidence
- Life transitions & change
- Stress & burnout
- Dating & relationship challenges
- School-related stress
- Adjusting to motherhood

You don't have to be in crisis to begin therapy.

Therapeutic Approach

My work is grounded in a trauma-informed, client-centered approach that honors each client's unique experiences, emotions, and pace.

I integrate evidence-based practices to support self-awareness, emotional regulation, and meaningful change,

Including:

- Trauma-informed therapy
- Cognitive Behavioral Therapy (CBT)
- Strengths-based and insight-oriented approaches

Therapy is collaborative and supportive, with a focus on helping clients better understand themselves, develop healthier coping strategies, and feel more grounded as they navigate life's challenges.

What to Expect

More about our services

- A supportive, non-judgmental space
- Therapy paced at your comfort level
- Time to reflect, process, and build insight
- Care centered on your lived experience

Benefits Of Therapy

Greater Self-Awareness

Reduced Anxiety & Stress

Self Confidence & Trust

Control of blood pressure

"Healing is not a race, and it is not linear. Healing consists of detours and obstacles, but every step matters."

Nathasha Nazaire

