

## **Cheryl Jensen, LCSW**

### **Description:**

I am a New Jersey licensed clinical social worker and psychotherapist. I provide individual, couples and family therapy for those struggling and recovering from an eating disorder and its related issues, such as, but not limited to: anxiety, depression, addiction and post traumatic stress disorder. I am an empathic and understanding therapist who works motivationally with clients in order to help them make positive change. I utilize a psychodynamic approach to help enhance insight; cognitive/behavioral therapy to identify and challenge irrational thinking and develop healthy ways to cope with stressful situations and overwhelming emotions; Eye Movement Desensitization Reprocessing (EMDR) to reduce the intensity of emotions associated with past images which are impacting current functioning.

Country: USA

City: Branchburg

Zip: 09976

Website: <http://>