



The **EFFECTIVE THERAPY** You Deserve

To Feel Better Faster...



Sue Kessner, MS LPCC #732

I CAN HELP

Are you looking for an effective therapist who radiates warmth and understanding? Someone who really gets you? The right fit is the most compelling component of good therapy.

As a team, we'll work together to build your self-esteem, manage stress, handle life transitions, and so much more.

I specialize in providing TEAM CBT, using researched-backed tools developed by Dr. David Burns, bestselling author of Feeling Good. Our work will include therapeutic homework assignments, to equip you with lifelong skills.

Our sessions are designed to create a safe space for collaboration and progress monitoring. We will cover new ways to address negative moods, gain powerful skills, and enhance your overall well-being.

LET'S GET STARTED!

Book a FREE 15 minute consult
[@FeelingGoodInstitute.com/find-cbt-therapist/ sue-kessner](https://www.feelinggoodinstitute.com/find-cbt-therapist/sue-kessner)



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