

“While it is well enough to leave footprints on the sands of time, it is even more important to make sure they point in a commendable direction.”

James Branch Cabell

Counseling can assist you in finding and moving in a commendable direction.



Wings of Change
Lea Leonard, LCSW, CTS
Licensed Clinical Social Worker,
Certified Trauma Specialist
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Wings of Change
Lea Leonard,
LCSW, CTS

Individuals

(Children, young adults, adults and elderly issues)

Couples

and

Family

Counseling

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Lea Leonard, LCSW, CTS

*Licensed Clinical Social Worker
Certified Trauma Specialist*



Lea Leonard is a Licensed Clinical Social Worker and Certified Trauma Specialist, offering psychotherapy services for children, individuals and families in her new practice *Wings of Change* located at The Moorings Presbyterian Church, Moss Hall, 791 Harbour Drive in Naples.

The Therapeutic Process

Going to a strange office and talking about your most personal issues with someone you've never met, can be a difficult, sensitive task. I appreciate that people experience problems and challenges in their life. My approach with clients is to work to help them feel comfortable, respected and hopeful about their situation.

Depending upon the problem or challenge, I utilize strategies to help clients find solutions to their problems and build a path to success. That may take the form of cognitive behavioral therapy, play therapy, structured sensory trauma focused therapy, relational therapy, grief work and/or learning strategies to overcome overwhelming emotions.

Mental illness can be challenging, not only for the client but for the entire family. I believe strongly in providing education on any diagnosis to the client and family members including, if warranted, the importance of medication management. There are also many strategies that can be learned to help minimize the effects of mental illness.

Areas of Expertise

- Anxiety
- Depression
- Grief and Loss
- BiPolar Disorder
- Trauma, (exposure to domestic violence, bullying, physical or sexual abuse, natural disaster, life threatening accident, terrorism or war. Certified to treat exposure to both violent and non violent trauma),
- Behavioral challenges (anger management, oppositional-defiant, ADHD),
- Asperger's Syndrome
- Self injury
- Divorce
- Life changes