

ERIC CHO, LCPC



Specialties:

- life transitions
- Self confidence/self esteem
- Issues of identity

About: Eric can help you manage the stress, anxiety, depression, anger, and uncertainty that often accompanies major life changes including career/job transitions, family/relationship changes, loss, and traumatic events. He will help you manage your self-critical voices and gain meaningful insights into your thoughts, behaviors, and emotions which will help empower you to make the changes you need. His approach is integrative, holistic, and strengths-based, influenced largely by my multicultural background and experience in the expressive arts and improvisational theater.

Education: Eric earned his MA in Counseling Psychology/Drama Therapy from California Institute of Integral Studies in San Francisco, CA and his BA with a major in Neuroscience & Behavior from Wesleyan University in Middletown, CT. He has specialized training in the Expressive Arts Therapies and EMDR.

Hours available for new clients: Friday afternoons.

Insurances accepted: Blue Cross Blue Shield and Blue Choice PPO