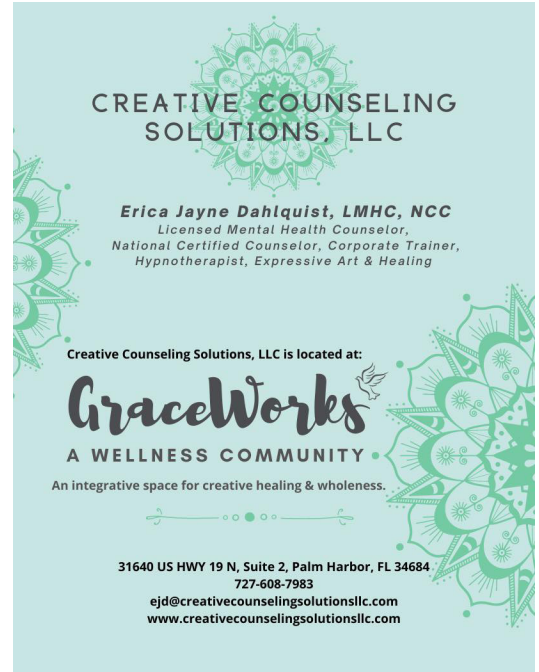
CCS LLC

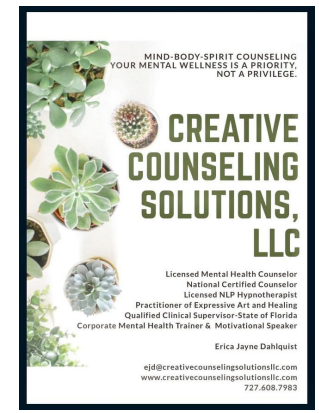
Creative Counseling Solutions

LEANNA LASH, ASHLEY SIU, MELINN PHIFER

MOODBOARD

Creative Counseling Solutions, LLC
Erica Jayne Dahlquist, LMHC, NCC
LEARN MORE
Home
Counseling Services
Rates & Insurance
Links & Resources
About Me
Privacy & Policy
Community Partnerships
Qualified Clinical Supervision for Registered Mental Health Interns
Welcome
Today you are one step closer to a new you! A you that feels empowered and living on a positive path to self-growth, deeper understanding, and better overall well-being.
As a psychodynamic therapist, my goal is to help you uncover your true potential and lead a life that is worth celebrating. While we can't change difficult situations of the past, we can work together to better understand and resolve challenges in your life. By applying complementary therapy approaches and techniques, we will unearth long-standing behavior patterns or negative perceptions that may be holding you back from experiencing a more fulfilling and meaningful life.
I hold advanced trainings in trauma, sexual abuse, and addiction and recovery and feel passionately about helping individuals unlock their inner resources and strengths. Together we'll collaborate to find hope and healing in a rapid manner.
I am Licensed in Neuro-Linguistic Programming Hypnosis at the Master Practitioner Level, and I love bringing the elements of NLP, mindfulness, and breathwork into my sessions. As a Practitioner in Expressive Art and Healing, I also enjoy collaborating with clients in a creative therapeutic setting. At times we may want to customize your sessions to include hypnosis, creative and healing arts, healing movement and meditation work.
If you're looking for extra support and guidance through a challenging situation, or you're just ready to move in a new direction in your life, I look forward to working with you to achieve your goals.
Please call or email me for an individual, couples or family therapy consultation today.
CONTACT
Erica Jayne Dahlquist, LMHC, NCC
727-487-1461
31640 US HWY 19 N
Suite 2
Palm Harbor, FL 34684
United States
ejd@creativecounselingsolutionsllc
Tampa Road
31640 U.S. HWY 19 N Palm Harbor FL 34684


CREATIVE COUNSELING SOLUTIONS, LLC
Erica Jayne Dahlquist, LMHC, NCC
Licensed Mental Health Counselor,
National Certified Counselor, Corporate Trainer,
Hypnotherapist, Expressive Art & Healing
Creative Counseling Solutions, LLC is located at:
GraceWorks
A WELLNESS COMMUNITY
An integrative space for creative healing & wholeness.
31640 US HWY 19 N, Suite 2, Palm Harbor, FL 34684
727-608-7983
ejd@creativecounselingsolutionsllc.com
www.creativecounselingsolutionsllc.com


MIND-BODY-SPIRIT COUNSELING
YOUR MENTAL WELLNESS IS A PRIORITY.
NOT A PRIVILEGE.
CREATIVE COUNSELING SOLUTIONS, LLC
Licensed Mental Health Counselor
National Certified Counselor
Licensed NLP Hypnotherapist
Practitioner of Expressive Art and Healing
Qualified Clinical Supervisor-State of Florida
Corporate Mental Health Trainer & Motivational Speaker
Erica Jayne Dahlquist
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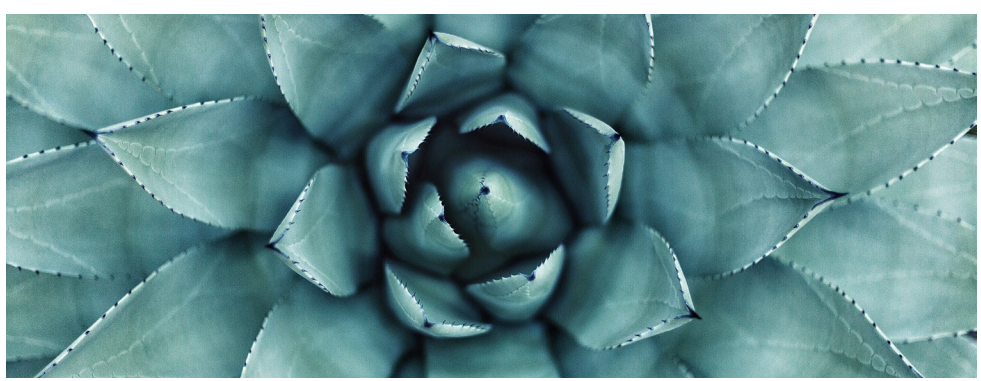
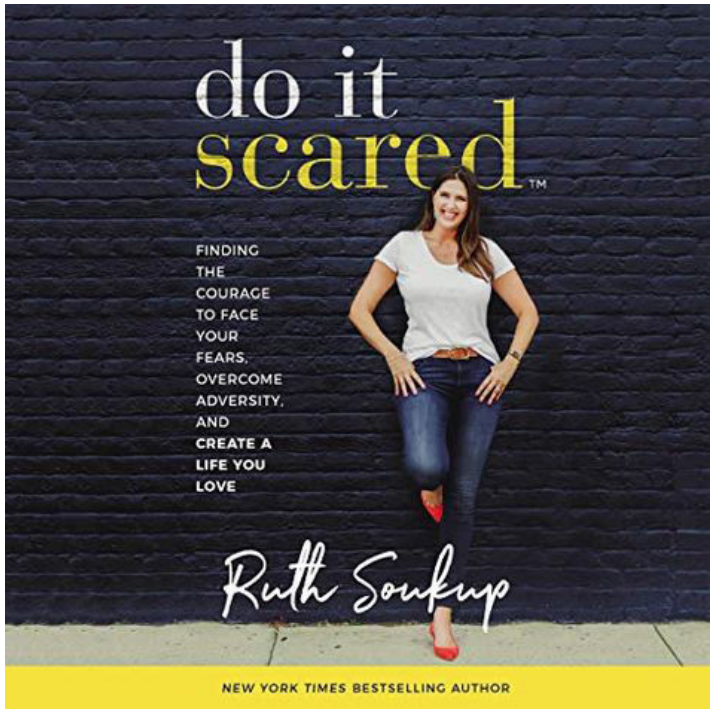


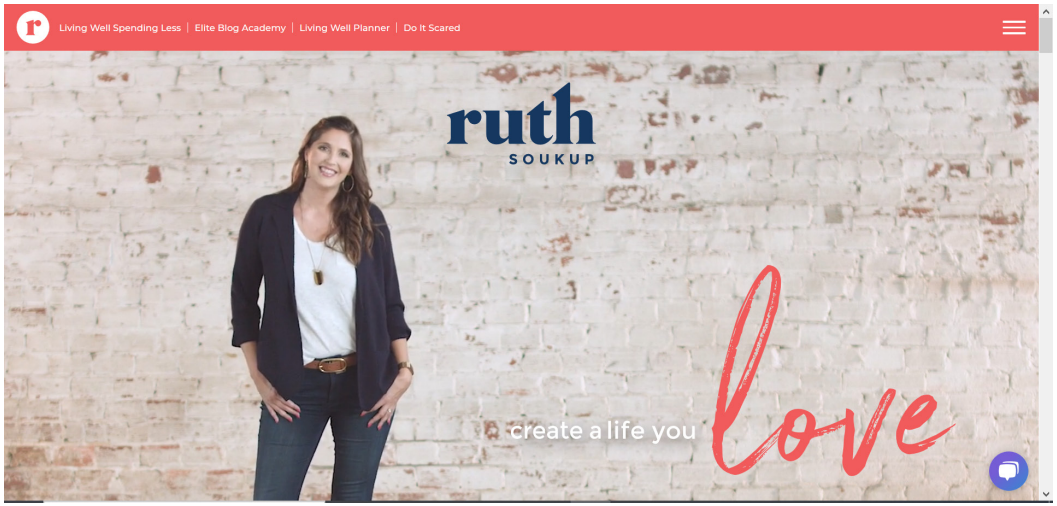
Sunday Self-Care
Create Quiet Time
CREATIVE COUNSELING SOLUTIONS, LLC
Take a minute to meditate, pray, and give thanks for your blessings.

It's a good day to have a good day
CREATIVE COUNSELING SOLUTIONS, LLC
RELAX IT'S SUN DAY
EVENING
YOUR MENTAL HEALTH MATTERS
Self Care
Daily mood tracker OR Daily gratitude list
Afternoon nap OR Early bedtime
Time with family OR Time with friends
Lunch with a friend OR Lunch by myself
Scented candles OR Essential oils
Stay indoors OR Stay outdoors
Warm blankets OR Soft socks
Sheet facial mask OR Clay facial mask
Meditate OR Deep breathing
Social media break OR Break from work
CREATIVE COUNSELING SOLUTIONS, LLC
THERE'S SOMETHING GOOD IN EVERYDAY
PIC•COLLAGE

MOODBOARD


do it
scared™
FINDING THE COURAGE TO FACE YOUR FEARS, OVERCOME ADVERSITY, AND CREATE A LIFE YOU LOVE
Ruth Soukup
NEW YORK TIMES BESTSELLING AUTHOR

COLOR INSPIRATION BOARD
bajan wed
COAL
SEA GLASS
COCOA
CORAL


Living Well Spending Less | Elite Blog Academy | Living Well Planner | Do It Scared
ruth
SOUKUP
create a life you
love

LOGO

ORIGINAL LOGO

NEW LOGO

TYPOGRAPHY

Special Headlines — July It

HEADINGS — FIRA SANS BOLD

Subheading — Fira Sans Medium

Em sil veribus, quam. Pimorest? Et patursuam num publicaedio, quamdiis, con tam is con re num tuus occivas terfin ditris, se consus, C. Ucivatorbi simusum publicem peribut Casticu pplingul vigitatquam rentelumei crei igiliaet, nem acchuce ndiciendes clus sesena, sena, que inat, probut vo, ta vivis fac rentiocci patqui istrum hocae moltum. — Fira Sans Regular

BUTTONS

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Hover

LEARN MORE

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COLOR PALETTE

PRIMARY COLORS

MAIN COLOR
#c7e5e5

OFF-WHITE
#fffff8

GRAY GREEN
#70888a

BLACK
#000211

SECONDARY COLORS

CALM GREEN
#85c6ae

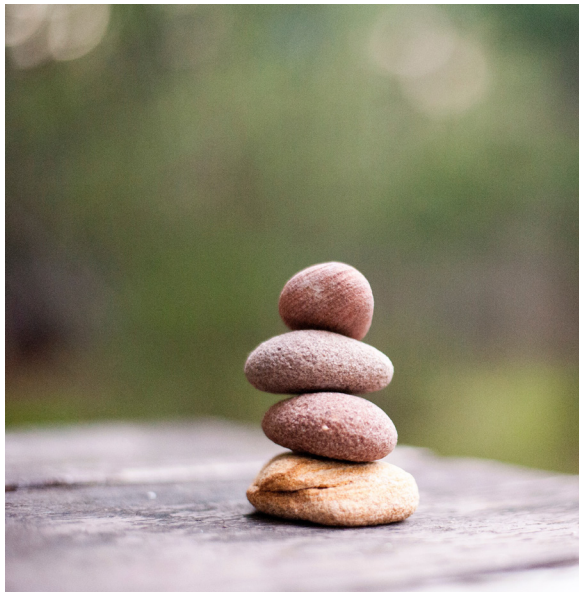
NAVY
#001e31

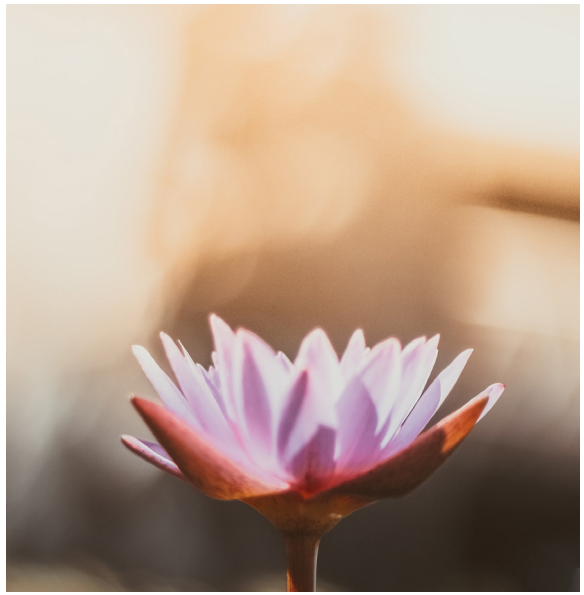
INDIGO
#09333f

DARK ROSE
#d75074

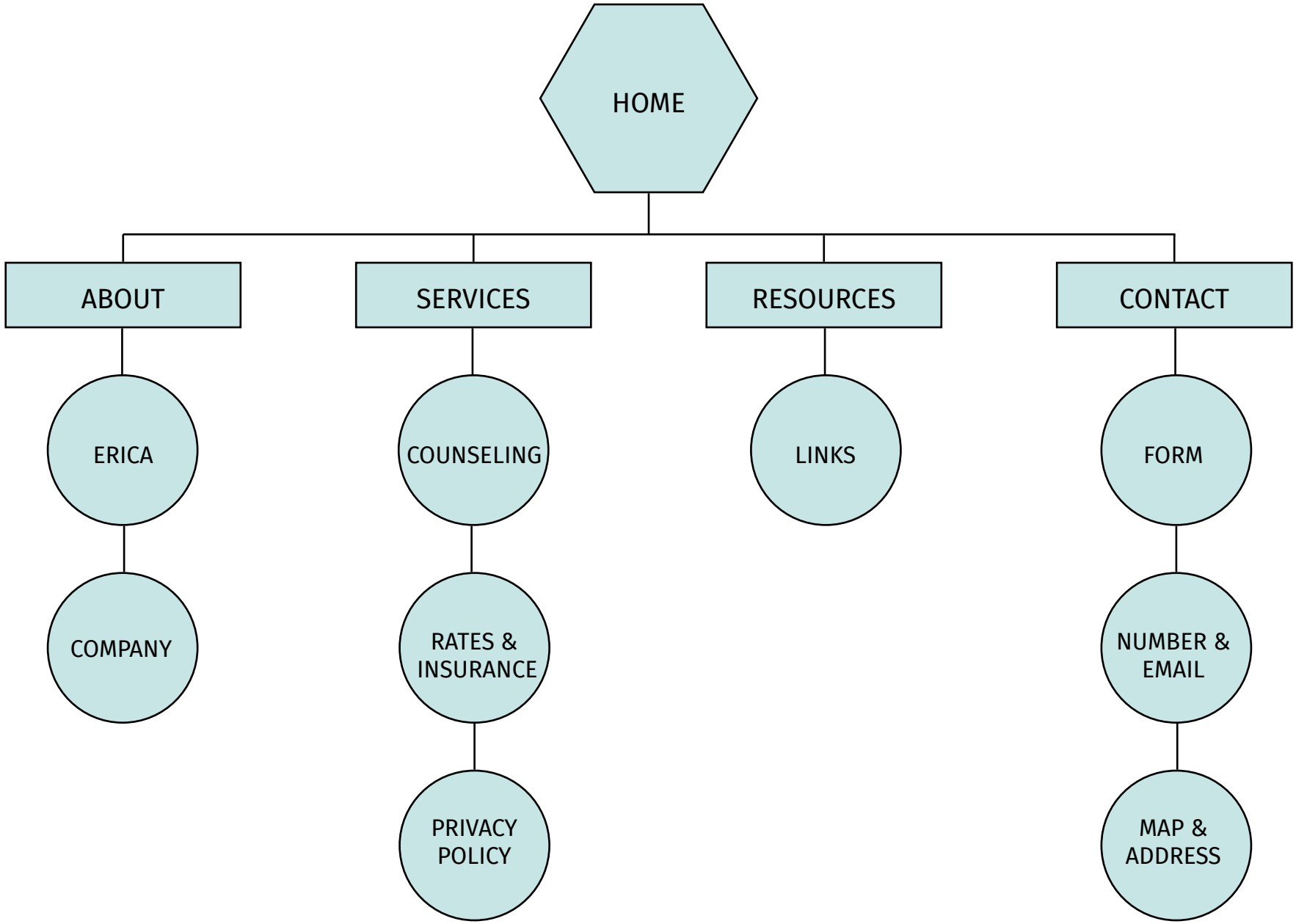
PALE PINK
#f1cdd3

IMAGERY

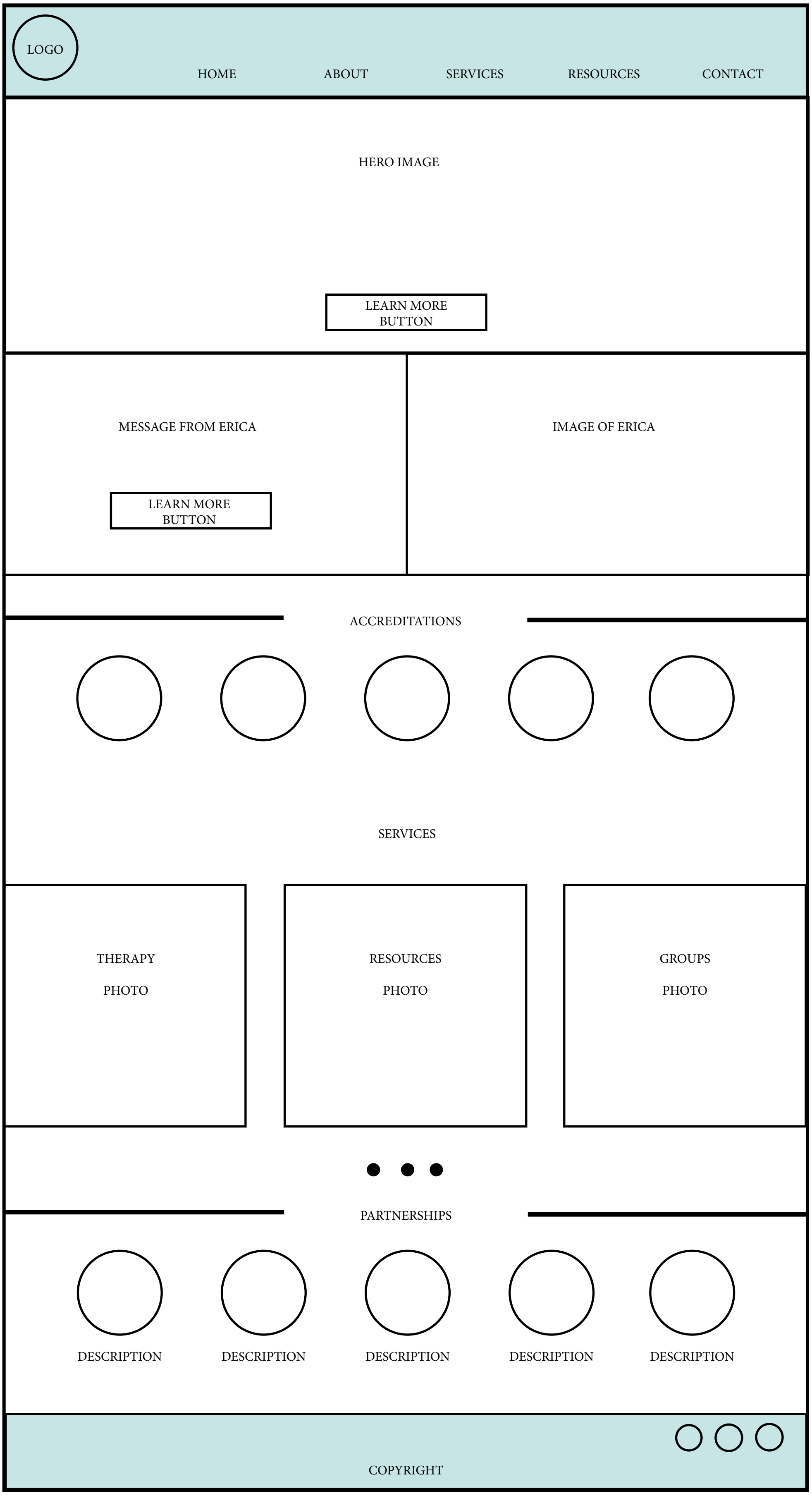




SITEMAP

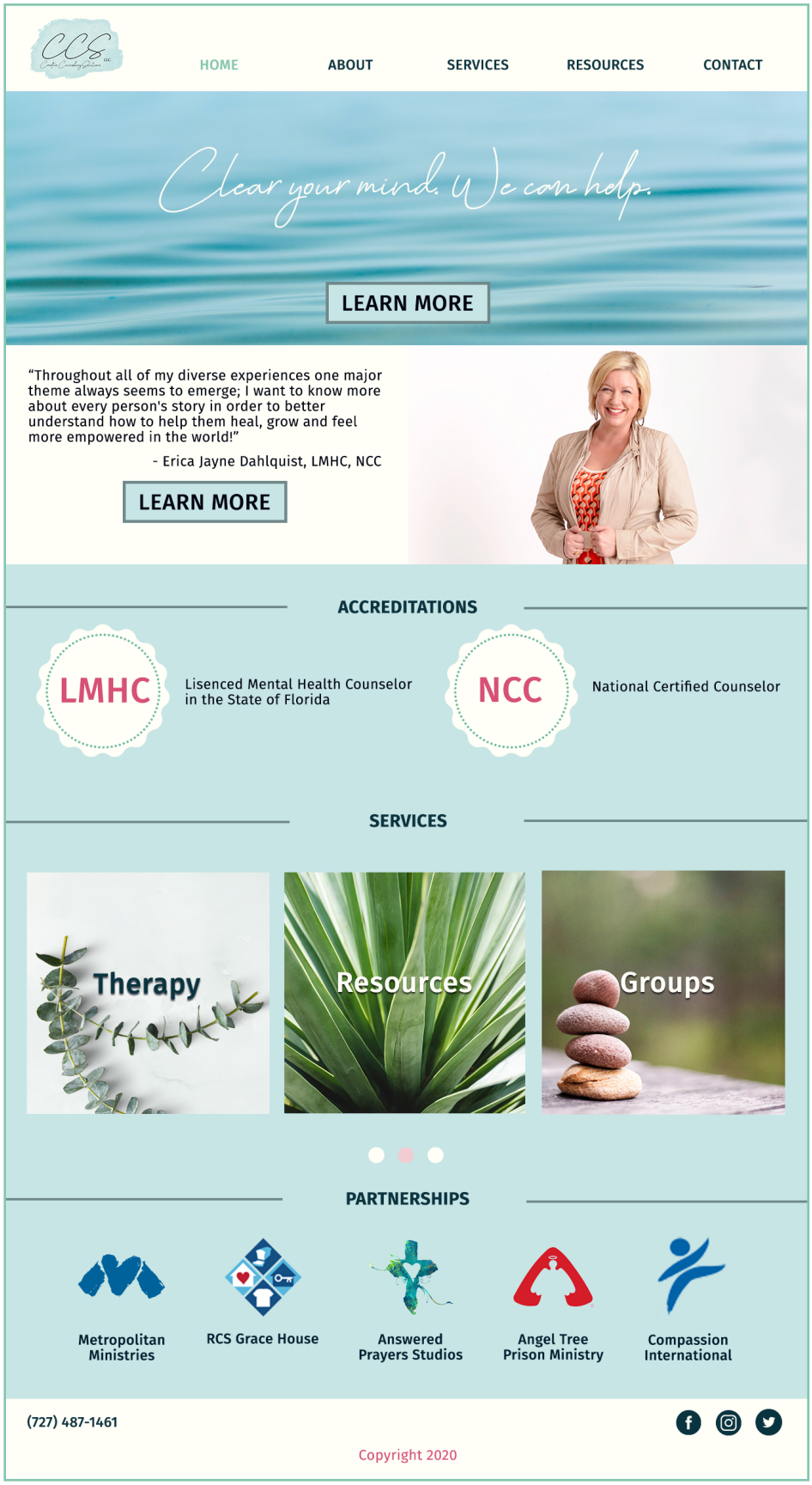

HOME
ABOUT
SERVICES
RESOURCES
CONTACT
ERICA
COMPANY
COUNSELING
RATES & INSURANCE
PRIVACY POLICY
LINKS
FORM
NUMBER & EMAIL
MAP & ADDRESS

WIREFRAME - HOME



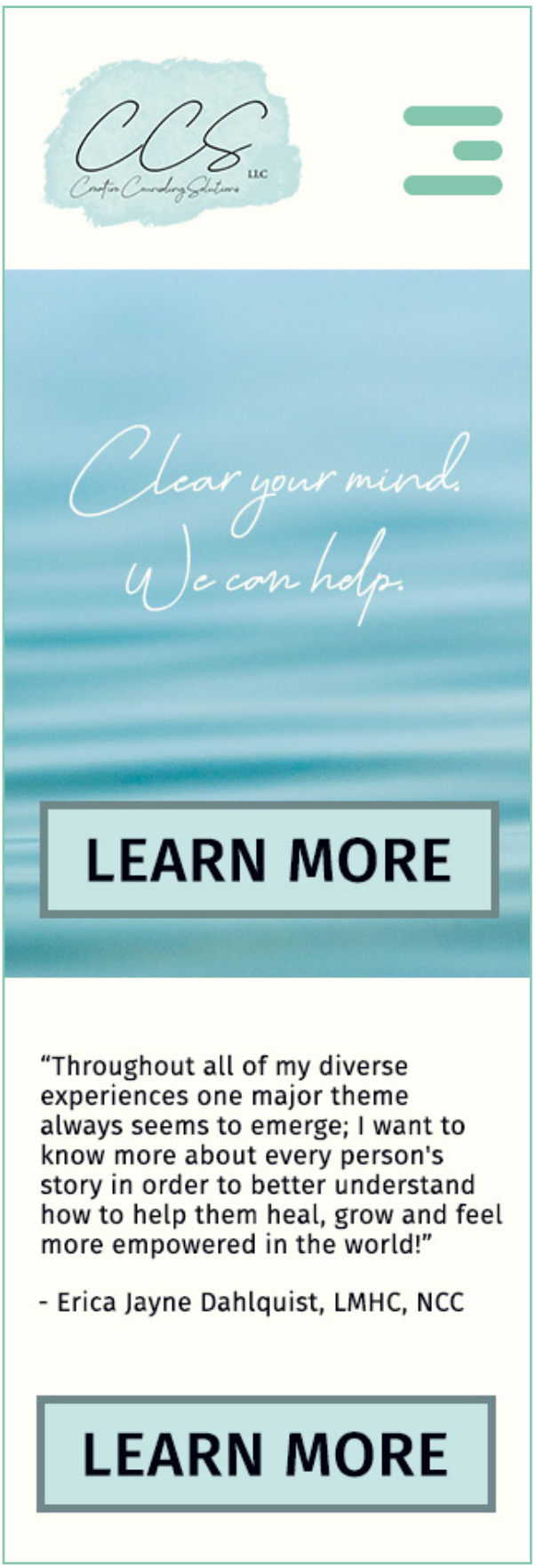
HOMEPAGE

DESKTOP



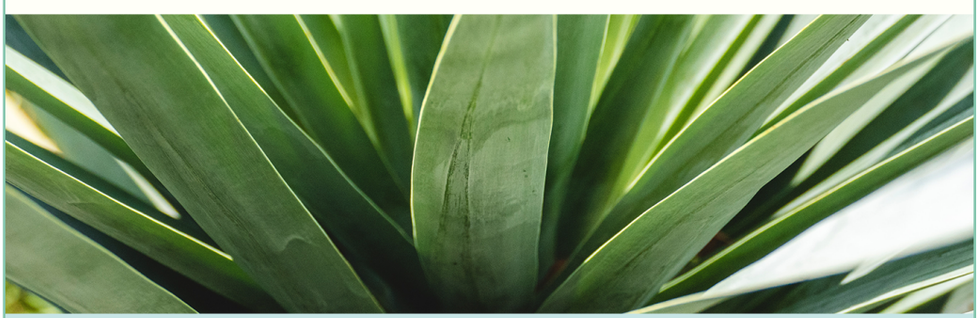
HOMEPAGE

MOBILE



RESOURCES

HOME ABOUT SERVICES RESOURCES CONTACT



Resources & Links

Here you can find additional online mental health care information and counseling resources.

RESOURCES

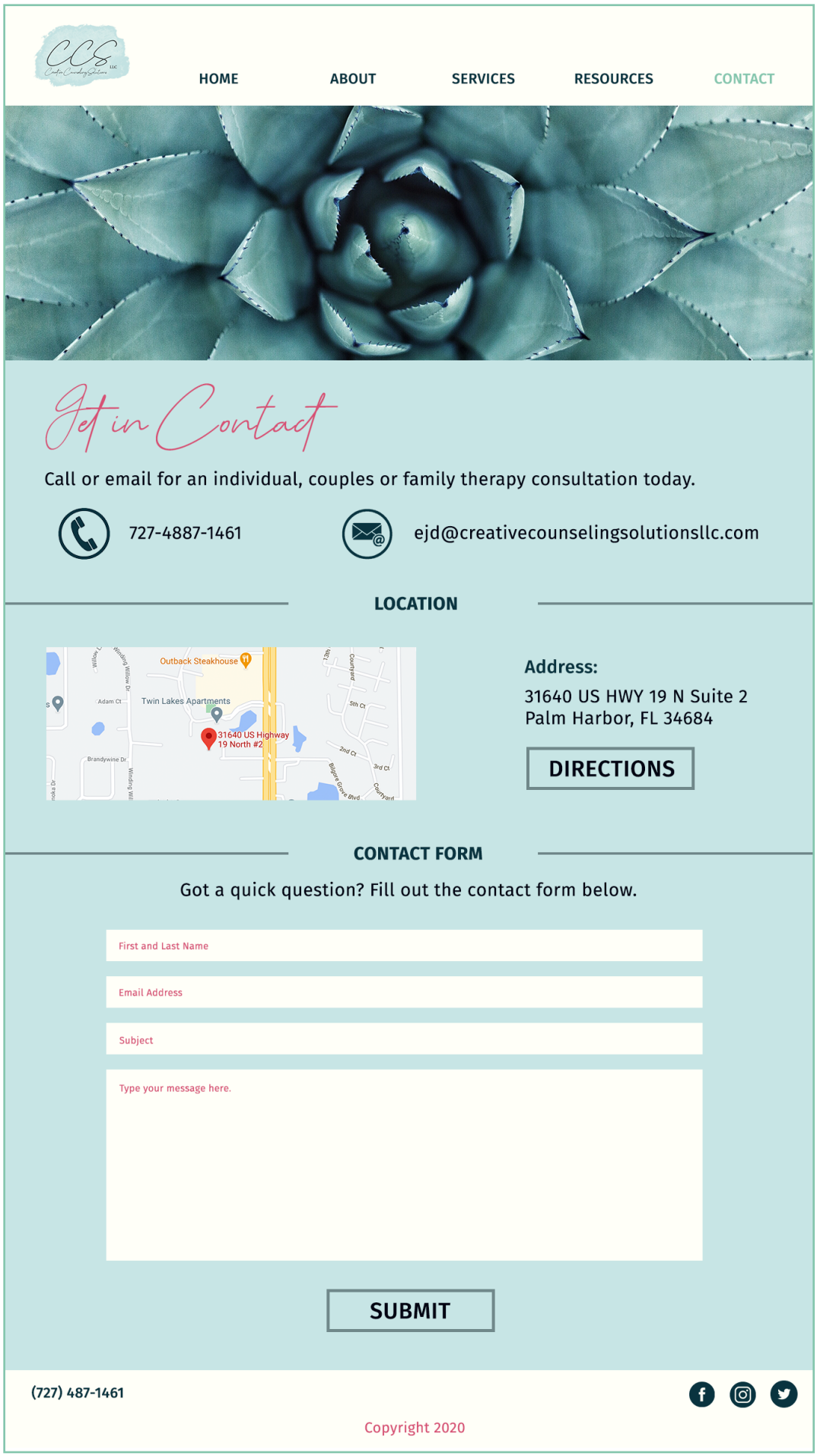
ADDICTION & RECOVERY

- Alcoholics Anonymous
- Center on Addiction
- SAMHSA's Substance Abuse & Addiction
- Treatment & Recovery
- Addictions
- Rehab Spot

- ANXIETY DISORDERS
- ASSOCIATIONS & INSTITUTES
- ADHD
- CHILD ABUSE & DOMESTIC VIOLENCE
- CHRONIC FATIGUE
- DEPRESSION
- DEVELOPMENTAL DISORDERS
- DIAGNOSIS
- DISASSOCIATION & TRAUMATIC STRESS
- EATING DISORDERS
- JOURNALS & MAGAZINES
- MEDICATIONS & SUPPLEMENTS
- GENERAL MENTAL HEALTH CARE
- PERSONALITY DISORDERS
- SUICIDE AWARENESS & HOTLINES
- OTHER

(727) 487-1461

CONTACT


HOME
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SERVICES
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CONTACT
Get in Contact
Call or email for an individual, couples or family therapy consultation today.
727-4887-1461
ejd@creativecounselingsolutionsllc.com
LOCATION
Outback Steakhouse
Twin Lakes Apartments
31640 US Highway 19 North #2
Address:
31640 US HWY 19 N Suite 2
Palm Harbor, FL 34684
DIRECTIONS
CONTACT FORM
Got a quick question? Fill out the contact form below.
First and Last Name
Email Address
Subject
Type your message here.
SUBMIT
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SOURCES

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