Life Enhancement Counseling Services offers individual, couples, marriage, premarital and family counseling.

Yolanda Brailey, M.A., L.M.H.C., N.C.C., founder and owner of Life Enhancement Counseling Services , believes that each person's life has meaning, which, when realized, creates a sense of peace, balance and purpose. As a psychotherapist, her work is motivated by a genuine desire to help others resolve various problems that cause strained relationships and feelings of unhappiness, disconnectedness, frustration and a general lack of purpose.

Life Enhancement Counseling Services ' staff utilizes therapeutic interventions in an effort to improve clients' moods and senses of purpose and direction, as well as enhances and restores their relationships. Its goal is to help people develop skills that will lead to more meaningful, balanced and joyful lives.

During counseling, Brailey offers a safe and supportive space, free of judgment, in which clients are treated with respect, empathy and dignity. They are encouraged to discuss their concerns in order to become empowered, grow emotionally, gain insight and self-awareness, resolve past issues and learn the skills necessary to create a fulfilling life. Brailey's eclectic, therapeutic approach is collaborative, insight-oriented and holistic. There are a variety of approaches and techniques that are proven effective, and treatment is tailored to each individual's specific situation.

Brailey's experience includes helping clients with marital and relationship issues, anxiety, depression, self-esteem, stress management, communication, trauma, loss and grief. She is licensed to practice counseling in the state of Florida and is also a nationally certified counselor. Brailey is an Eye Movement Desensitization and Reprocessing therapist and Prepare/Enrich Program facilitator. She provides counseling services to all populations in a respectful manner.

Free, confidential telephone and email consultations are available. Cigna Insurance is accepted.

Life Enhancement Counseling Services is located at 6200 MetroWest Blvd., Suite 201-H, in Orlando. For more information, call 407-620-7855, email yolanda@lifeenhancementcs.com or visit www.lifeenhancementcs.com on the Web.