



Your issues are the only thing that matters when Veronica Lichtenstein is in session. Not only does she give you 100% of her attention, she listens to you without any prejudice .

In her own words:

“Often the first question a new client asks is, “Where do I begin?” My philosophy is that wherever you start is the right place. I do not follow a script, and the client is always in control of the session. I believe that my clients have the answers already and I am just the facilitator for finding them. I truly enjoy witnessing my clients’ empowerment! I counsel people of all ages with a variety of issues and I feel a strong connection particularly to teens. I use a lot of reflection and strive to turn your thoughts into reachable goals.”

-Veronica



Veronica Lichtenstein LMHC
LET'S TALK ABOUT IT

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NO MATTER HOW COMPLEX
THE PROBLEM
THERE IS ALWAYS A GOOD
SOLUTION



I do not follow a set script, write everything down with a pen constantly in hand, or stop the session exactly on the mark. My sessions are about building the relationship and staying relatable so that my clients feel safe to open up and explore their issues. Dialogue will be in conversation format and the client will be in control of the session. I believe that the clients have the answers already and I am just the facilitator for this. I use a lot of reflection , tying in the clients' thoughts into goals indicated by them. I enjoy witnessing my clients' empowerment!

My diverse background has helped in all aspects of becoming a caring therapist. I grew up in upstate New York, the oldest of three girls born to immigrant parents from the Philippines. Quite often, I would feel caught between two worlds and I think this life experience enables me to relate to all types of people.

I have always enjoyed educating kids and adolescents and have taught a variety of ages, from preschool to 7th grade. Connecting with my students and seeing their individual struggles in development was my inspiration to go back to school and earn my Masters in Mental Health Counseling at Nova Southeastern University.

I now counsel people of all ages with a variety of issues, ranging from trauma, developmental delays (when a child, between birth and 18 years old, has a substantial lag in a developmental milestone), OCD, ADHD, bipolar disorder, dual (or multiple) diagnosis, gender identity issues, depression, anxiety, and more.

I have resided in Jupiter for 19 years, along with my husband and 2 children, 20 and 15 years old, and am an active member in the community. I enjoy fitness, traveling, concerts, design and laughing with my family.

