

Rachel Menna, Ph.D., LCMHC

About Amy Rachel Menna



I believe counseling/consultation is meant to enhance individuals' performance and satisfaction in their lives. It is intended to capitalize on strengths while working through some of the barriers in life. I have worked with medical professionals for over 20 years and understand the times when life feels more challenging. These are times when stress begins to overshadow joy and may begin to manifest itself in feeling burned out, relationship problems, addiction, or feelings of sadness, apathy or anxiety. These experiences mean some maintenance is needed to get back into balance in both the personal and professional worlds.

Areas of focus...

- Work-induced stress, such as feeling overwhelmed or defeated by issues related to healthcare systems
- General mental health and wellbeing
- Relationship struggles
- Goal setting and enhancing productivity
- Addiction

Pricing:

\$175 per session
(\$150 with WCMS member discount)

Sessions:

In person (with Covid precautions)
Tele-health
Phone sessions

Contact Information:

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Please contact me directly via phone, text, or email to set up a free consultation.