

Tisheila Justice LCSW

Trauma Therapist For Moms

I am a trauma therapist providing counseling virtually throughout Florida. The transition to motherhood is filled with a lot of change. It can trigger old wounds and cause new insecurities. I am here to help you triumphantly navigate through this journey.

Request a
consultation
today
813-400-3743



Specialty Offerings

- EMDR
- Hypnotherapy
- 6 Week Birth Trauma/ Postpartum Group
- Couples Intensives
- EMDR Intensives
- Biofeedback

Other Specialty Populations

- Infertility
- Adoption Trauma
- Birth Trauma
- Chronic Illness

Helping Moms navigate life, motherhood, and relationships

Website: GrowthandWellnessmhc.com