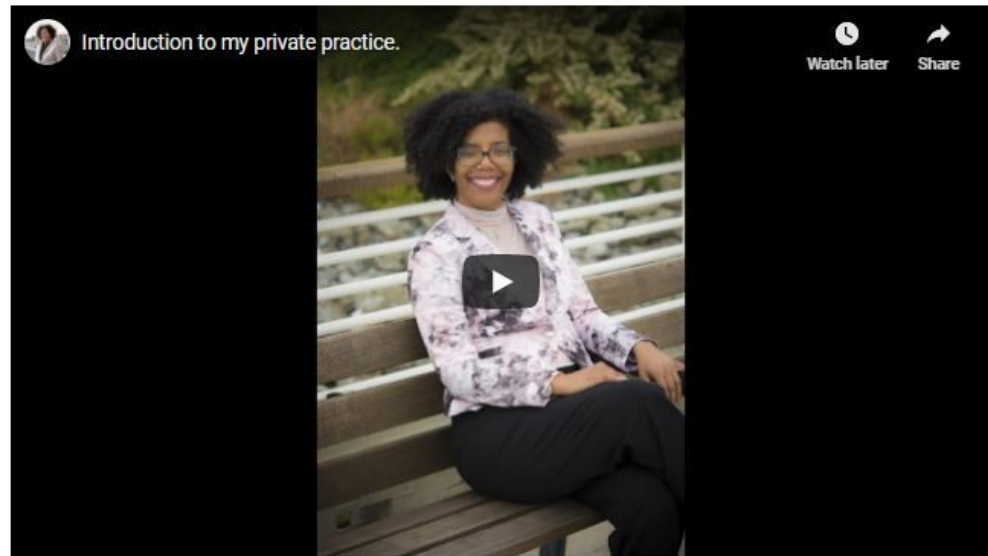


Welcome



Subscribe

Sign up to my news and updates and get an e-book freebie for Baby's First Year Conference.

Email

SIGN UP

Hello and thank you for connecting with me! I am Dr. Natalie Jones PsyD, LPCC and I am the owner of Lifetime Counseling and Consulting and the creator of A Date With Darkness Podcast.

If you have connected with this site, you may be wondering how I can help. If you are continuously involved with people that are toxic, emotionally unavailable, or abusive; struggle with abandonment issues, or feel like you struggle with trusting others – then you are in the right place. Perhaps, you feel stuck in life, and you struggle to understand why you continue to attract the same types of people in your life and you can't move beyond your past experiences of being abused, abandoned, and hurt. You may even wonder, if you will ever be able to find love.

In my therapy practice, I specialize in providing culturally sensitive therapy services to professional women of color who are struggling to heal from narcissistic abuse and emotionally unhealthy relationships. Through our work together in therapy, we are able to work together to overcome your relationship trauma to create the healthy, loving relationships that they deserve.

Common signs that you have been in unhealthy relationships include: 1) feeling unloved, 2) putting others' needs ahead of your own while your needs remain unmet, 3) feelings of abandonment, 4) self-sabotage, 5) history of emotional, physical, psychological, sexual, or mental abuse in your relationship; 6) not feeling good enough, and 7) being taken advantage of by others.

At Lifetime Counseling and Consulting, individual and group counseling services are provided to for women who want to heal from the emotional scars of painful relationships.