



Odyssey Counseling Center



OWNER

Jessica Barton, MA, LPCC, NCC

Newly opened practice offering in person and telehealth appointments for teens and adults. Jessica specializes in treating adults and teens struggling with dysregulation, symptoms of ADHD, trauma and anxiety.

"Working as a school counselor for many years in both elementary and high schools taught me invaluable information about the struggles of youth and what is helpful for them".



SERVICES

- Group
- EMDR Therapy
- Individual
- Online Counseling

Hi! Im Jessica Barton, the proud Owner of Odyssey Counseling Center, LLC. With a background spanning nine years as a school counselor, as well as some experience in private practice, I have honed my expertise in working with teens and adults facing many challenges. I employ a compassionate approach incorporating art, humor, and EMDR Therapy. Using these tools I am able to guide individuals on their odyssey of life. Join me on the journey to well-being!

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