Dr Leslie Zebel

7401 South Olive Avenue,
West Palm Beach, 33405
United States
+15615858787
https://drlesliezebel.com/

Company logo

Company logo

DrLeslieZebel is a trusted and reputable provider of mental health services in West Palm Beach, Florida. Our dedicated team of experienced and compassionate therapists is committed to helping individuals, couples, and families overcome challenges, heal, and lead fulfilling lives.

Specializing in trauma therapy, PTSD treatment, and couples counseling, we understand the profound impact that traumatic experiences can have on mental and emotional well-being. Our therapists are highly trained in evidence-based approaches and stay up-to-date with the latest research and techniques in the field of mental health.

When it comes to trauma therapy, we provide a safe and supportive environment for individuals to process their experiences and heal from the wounds of the past. Our therapists employ specialized techniques such as EMDR (Eye Movement Desensitization and Reprocessing) and cognitive-behavioral therapy to help clients reduce distressing symptoms and reclaim their lives.

For those struggling with post-traumatic stress disorder (PTSD), we offer personalized and comprehensive treatment options. Our therapists work collaboratively with clients to develop tailored treatment plans that address the unique challenges they face. Through a combination of therapy modalities, including cognitive restructuring, exposure therapy, and mindfulness techniques, we aim to empower individuals to overcome the effects of PTSD and achieve lasting recovery.

In addition to trauma-focused services, we also specialize in couples counseling. We understand that relationships can face various challenges, and our therapists provide a safe and non-judgmental space for couples to explore their issues and improve their connection. Through effective communication strategies, conflict resolution techniques, and fostering empathy and understanding, we help couples build stronger and healthier relationships.

At DrLeslieZebel.com, we prioritize the well-being of our clients and believe in providing personalized care that meets their unique needs. We take a client-centered approach, tailoring our treatment plans to align with individual goals and preferences. Our therapists strive to create a warm and welcoming environment where clients can feel heard, validated, and supported throughout their therapeutic journey.

Choosing to seek mental health services is a courageous step towards personal growth and well-being, and we commend you for taking that step. If you're ready to embark on a transformative journey towards healing and empowerment, we invite you

to contact DrLeslieZebel.com to schedule an appointment. Our compassionate team is here to support you every step of the way as you navigate life's challenges and discover your true potential.

Generated by Mapolist.com 02/11/2026 19:32