

EXODUS

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Company logo

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Welcome to EXODUS Counseling. Unfortunately most counseling is simply not effective, but it can and should be. Counseling is more than talking about your problems, it's growing as a person, measuring that growth, and getting real results. This requires a hollistic approach that treats you as a unique individual - not a collection of clinical diagnoses. Our therapists provide cutting edge self-pay virtual therapy that's honest, truthful, and actionable and combines clinical mental health with metabolic and lifestyle interventions. We treat anxiety, depression, trauma, eating disorders; help with grief, self worth, and anger; and provide couples counseling. We are a Christian based self-pay, virtual therapy organization serving Franklin, TN.