



LIFEWORKS



PROVIDER INFORMATION SHEET

JEANNETTE HOOK

SHORT BIO

As a compassionate and experienced LCMHC & MLADC, Jenny specializes in helping adults navigate the complexities of depression, anxiety, trauma, and substance use. Her approach uniquely combines motivational interviewing with cognitive behavioral therapy, all within a person-centered, solution-focused framework, ensuring therapy is tailored to individual and couples' specific needs. Beyond counseling, Jenny's expertise includes conducting LADC evaluations, focusing on a personalized journey towards healing and growth. Her insightful and empathetic guidance supports clients toward resilience, fulfillment, and empowerment. If you're facing life's challenges or seeking personal growth, Jenny is dedicated to facilitating your journey to recovery and a brighter future. Reach out to embark on your transformative path today.

AGES

- Adults
- Elderly

MODALITY

- Individuals
- Couples

EVIDENCED BASED FRAMEWORKS

- Brief Therapy (CBT/Solution Focused)
- Cognitive Behavioral Therapy
- Humanistic Approach
- Mindfulness Based
- Motivational Interviewing
- Person-Centered
- Solution Focused Therapy
- Strengths-Based

CLINICAL LICENSES

Licensed Clinical Mental Health Counselor (LCMHC)
Master Licensed Alcohol & Drug Counselor (MLADC)

EDUCATION

Springfield College
M.S. Mental Health Counseling

Granite State College
Bachelor of Science

CLINICAL SPECIALTIES

Assessment, diagnosis, treatment planning, treatment & collaboration of care of DSM-5 disorders, including:

- Alcohol Use
- Anxiety
- Behavioral Issues
- Career Issues
- Co-Occurring
- Coping Skills
- Depression
- Drug Use
- Family Issues
- Greif & Bereavement
- Marital Issues
- Parenting
- Relationships
- Substance Use
- Self Esteem
- Stress
- Trauma
- PTSD



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