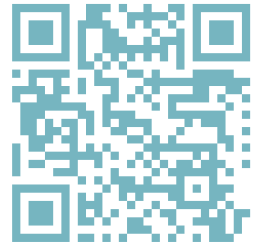




EXCEPTIONAL  
WELLNESS  
COUNSELING  
MANALAPAN | SHREWSBURY

Call or text  
**908.415.2042**



[info@exceptionalwellnesscounseling.com](mailto:info@exceptionalwellnesscounseling.com)

## Who We Are

We are a team of licensed clinicians providing individual, family, couples, and group psychotherapy. Our team works with clients across the lifespan beginning at age 3.

### Multiple Approaches



Having a large team means we have therapists that utilize different modalities including: DBT, CBT, REBT, play, sandplay, mindfulness-based, EMDR, EFT, ERP, solution-focused, & more!

### Flexible Scheduling



All therapists work different schedules allowing us to offer weekend and evening time slots 7 days a week to assist those with busy schedules.

### Insurance is Accepted



We accept most major commercial insurances including Aetna, BCBS, Cigna/Evernorth, UHC, and Medicare. We do not accept Medicaid. We offer self pay options and limited sliding scale.

### Locations serving Monmouth County & more



Our offices are conveniently located in Manalapan, 219 Taylors Mills Rd & Shrewsbury, 179 Ave at the Commons Suite 204. We offer telehealth for clients in the state of NJ.