



Jason York, LPC  
[jason@southaustincounselingservices.com](mailto:jason@southaustincounselingservices.com)

Are you dealing with anxiety, procrastination, and feeling overwhelmed? Are you unsure of what to do next? Believe me, you are not alone. Many people can get bogged down in negative self-talk or rationalizations that can make them feel stuck for months, even years at a time. My goal is to help you break free from these obstacles and start moving toward what you need to find happiness.

You can learn how to stop negative and unhelpful thoughts about the past and future so you can better focus on the present. This will empower you to break free from issues including social anxiety, substance use, life transition, relationship issues, unemployment, and feeling directionless.

I am a Licensed Professional Counselor and I have a B.A. in Psychology from Texas A&M University and a M.A. in Professional Counseling from Texas State University. I have over 7 years of experience working with a wide range of individuals and couples dealing with many presenting issues and I use a combination of therapeutic theories based on the client's specific needs which include Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, and Existential Psychotherapy. I believe the relationship and the development of trust between the client and therapist to be of the utmost importance.

I am also a big believer in the importance of self-care and in my spare time I enjoy working out, reading, and spending time with friends. You can also often find me at one of the many great parks in Austin playing or hiking with my wonderful Lab.

---

**Areas of Expertise:**

**Days/Hours Available**

**Rates**

Life transition

Wednesday – 6:30pm – 8:30pm

\$130 Initial Session

Relationship issues

Saturday - 10:30am – 2:30pm

\$120 Following Sessions

Substance use issues

Depression/Anxiety

Mindfulness Based Therapy

Employment issues