

Life is full of joy but also changes and challenges. Sometimes we need caring support and assistance along the way to problem-solve and get our balance. You are the expert on you and your life. I am a compassionate master's level expert in human behavior, relationships, and evidence-based therapies. In a professional, safe, and comfortable environment, we can work together to help you find your way through difficulty in a way that works for you.

Areas of special interest in my practice history have included life transitions, anxiety and depression, spirituality, creativity, chronic pain and illness, loss/grief, couples' issues, sexual orientation, female sexual pain disorders, dementia, executive brain dysfunction, and autism spectrum disorders.

Using a whole person approach to wellness, I assist individuals and families with a wide variety of issues, using cognitive behavioral therapies, solutions-focused therapies, positive psychology approaches and, when desired, creative processes. I take an eclectic approach and tailor evidence-based interventions to the client and his/her needs.

In addition to individual and family care, the following groups may be available:

- Writing for wellness therapy groups for teens, young adults, or adults
- Self-recovery therapy groups using *The Artist's Way* for adults
- Social skills groups for children, teens, or young adults
- Parent groups or classes on specific topics
- Therapy groups for adults with depression, anxiety, etc.

If you have an interest in one of the groups above and it is not listed in the current group information below, please email your interest to Jill@baylaureltherapy.com and she will try to form a group.

Bio

Jill Jones, MSW, LISW-CP was an educator, writer, and editor for 14 years before earning her Master of Social Work degree from the University of South Carolina in 2002. Since then, Jill has provided compassionate care to individuals of all ages, couples, families, and groups in a variety of settings, including community health education, hospice, residential treatment for children and adolescents, college counseling, and private practice. Jill has provided leadership in various organizations, helping to start, re-vision, supervise, and consult on new programs in hospice care and autism treatment. She enjoys providing training and education to community groups, parents, and professionals and is a board-approved Clinical Social Work Supervisor. Jill is also she is a member of the South Carolina Society for Clinical Social Work.