



Jeffrey Nowlan MA, LCMHC, LADC

Focused Family Coach

Licensed Mental Health Counselor

Licensed Alcohol and Drug Counselor

Contact Information

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Office Location: Child and Adolescent Psychiatry UHC Arnold 3 1 South Prospect, Burlington, VT 05401

Education

2000 BA, University of Vermont Burlington, VT

2010 MA, Johnson State College Johnson, VT

Research Interests/Areas of Interest

Mindfulness Based Strategies; Cognitive Behavioral Therapy; Motivational Enhancement Therapy; counseling children, adolescents, young adult and adults; Family therapy and parent coaching; Substance use counseling; Anxiety and Depressive disorders; Trauma; Issues related to transition; Men's issues; Exposure Response Prevention Therapy; EMDR level I