

Phoenix Behavioral Counselor

Jodi Mathys

MSE, NCC, LPC



Licensed Professional Counselor Jodi Mathys

specializes in child (6+), adolescent, adult, family, and couples therapy.

Jodi works with people dealing with anxiety, depression, anger, self-esteem, communication, trauma, and relationship issues with couples and families. Jodi is trained in Eye Movement Desensitization and Reprocessing (EMDR) Therapy and is a Certified Clinical Trauma Professional.

Counseling approaches Jodi uses include Cognitive Behavioral Therapy (CBT) and mindfulness along with other techniques and methods she feels will be helpful to the client and can also be creative.

Jodi meets the client where they are at with their journey and will work with them to reach their goals with compassion, humor, honesty, and kindness.

Call for an Appointment
(920) 657-1780



PHOENIX

Behavioral Health Services LLC

3120 Memorial Dr., Two Rivers
www.phoenixbhc.com

Phoenix Behavioral Counselor

Jodi Mathys

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Education

Master of Science in Counselor Education
with an emphasis in Community Counseling

Counseling Approaches

Cognitive Behavioral Therapy

Behavioral Therapy

Eye Movement Desensitization and

Reprocessing Therapy

Mindfulness

Various approaches and methods to help
client reach goals

Competencies & Interests

Anxiety

Depression

Anger

Self-esteem

Communication

Trauma

Relationship Issues

Jodi is available for in-office visits
at the Green Bay location as well as by way
of video conferencing (Telehealth).



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