

Behavioral Health Resources

 Your
Behavioral
Health
Professional ...



Jane Weston, LMSW

Jane Weston holds a Master's Degree in Education from Purdue University and a Master's Degree in Social Work from Western Michigan University. She is a member of the National Association of Social Workers. Jane has 14 years experience in Special Education and 11 years experience as a school social worker. Her specialties include: Cognitive Therapy, mood disorders, anxiety, geriatric issues, relationship issues, children's issues, play therapy, parenting skills, and divorce issues. Jane believes in a structured setting where people work collaboratively to solve issues of importance to them. She strives to provide a high level of care and support, while asking individuals to work in partnership to complete homework in between sessions. Jane's philosophy centers on the basis that research and practical experience show cognitive therapy to be the most effective approach to solving mental health issues.

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