About Erica Collison, Therapist

Hello! I'm Erica Collison (she/her), a licensed professional counselor (LPC) at Heartwell Therapy. I offer in-person sessions for families, couples, and relationships in York, PA, and online therapy sessions across PA.

My Experience and Education

I earned my Bachelor of Science in Psychology from Penn State University and my Master of Science in Mental Health Counseling from Capella University. I am currently working toward my Doctor of Philosophy in Counselor Education and Supervision

I work with couples who want to strengthen their relationships, deepen emotional connection, and navigate challenges with more clarity and compassion. My approach is warm, collaborative, and grounded in evidence-based practices. I draw heavily from Gottman Method principles—helping clients build healthier communication patterns, increase understanding, and create a stronger foundation of trust and shared meaning. I believe you already have the resources and potential for positive and lasting change within you. Together, we'll explore those resources and help you put them into action in your daily life.

Training and Techniques in Therapy

I use my experience and training in Emotion-Focused Therapy (EFT), Gottman Couples Therapy, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), EMDR Therapy, Solution-Focused Brief Therapy (SFBT), and Motivational Interviewing based on your needs during sessions.

Supporting You

With a compassionate and client-centered approach, I will strive to create a safe and nonjudgmental space where thoughts, feelings, and experiences can be freely explored. My role is to support and empower you to navigate life's challenges, uncover your strengths, and realize your unique potential. At the heart of my approach is a commitment to diversity, equity, and inclusion. I am proud to create an environment that is affirming and supportive of people of all identities and in all types of relationships.

About Me

Outside of work, I love to participate in community theatre. I also enjoy singing, reading, and spending time with my family.

Erica Collison

PA License: PC127250

Request a free 15-minute consultation, ask questions, or to **book an appointment** now.