About Jocelyn Kosik, Therapist

Hello, I'm Jocelyn Kosik, LAPC. Thank you for visiting my page. I offer couples, relationship, and family counseling in-person sessions in Lancaster, PA, and online across the state.

All About Your Relationship

As your couple's therapist, I care deeply about supporting the well-being of your relationship, wherever your path may lead. My role isn't to tell you what you should do, but to walk alongside you as we slow things down, sort through what feels heavy or confusing, and decide what feels right for you.

I strive to create a space where partners feel safe, heard, and genuinely understood. Reaching out for couples counseling can feel vulnerable, especially if there has been hurt, tension, or uncertainty. My hope is that our work together feels steady and supportive, a place where difficult conversations can happen with care rather than criticism.

Whether you're hoping to reconnect, navigate communication challenges, rebuild trust, adjust to a life transition, gain clarity about your future, thoughtfully explore next steps, etc., I am here as part of your team. Together, we can create space for honesty, compassion, and decisions that align with your shared values and individual needs.

Working Together

In our work together, I aim to foster a warm, balanced, and collaborative space tailored to your shared goals. My role is not to take sides, but to support you in understanding one another more deeply and moving out of patterns that leave you feeling stuck.

Couples often find themselves repeating the same arguments or feeling disconnected without fully understanding why. Together, we will explore the emotional dynamics beneath those patterns and develop practical tools that help you communicate more effectively, repair conflict, and strengthen your connection.

I look forward to the opportunity to work alongside you as you build resilience, clarity, and a renewed sense of partnership.

Who I Work With & Areas of Focus

I specialize in:

- Couples & Relationships
- Pre-Marital Counseling

I work with dating, engaged, married, and long-term partners who want to strengthen their connection or navigate relationship challenges. This may include:

- Communication difficulties and recurring conflict
- Attachment and emotional disconnection
- Rebuilding trust after hurt
- Intimacy concerns
- Life transitions and shifting roles
- Deciding whether to repair or separate
- Preparing for marriage with intention and clarity

I also provide an affirming and supportive space for LGBTQIA+ couples and partners.

My Therapy Techniques

My approach to couples counseling is person-centered, strengths-based, and attachment-informed. I integrate training in Emotionally Focused Therapy (EFT) and the Gottman Method, two evidence-based approaches designed to help couples understand emotional needs, interrupt negative cycles, and build stronger bonds.

I also draw from Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) to support emotional awareness, communication skills, and long-term relational growth.

Above all, I focus on creating a safe, compassionate, and non-judgmental space where all partners feel supported.

About Me

Outside of session, I enjoy reading what I like to call “fun books,” taking weekend trips to visit family, and catching up with friends whenever I can. Connection and relationships are deeply important to me both personally and professionally, which naturally shapes the work I do with couples.

My Education

I have a Master’s degree in Counseling Psychology from Elizabethtown College and completed my undergraduate degree in Psychology and Neuroscience at Elizabethtown College. My interest in supporting people through life’s transitionary periods, moments of change, uncertainty, and growth, is what led me to this field and continues to inspire the work I do every day.

Jocelyn Kosik, LAPC

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