About Cecilia Wishneski, Therapist

Hello! I'm Cecilia Wishneski (she/her), a Licensed Professional Counselor (LPC) specializing in couples' therapy.

My Background

I earned my Master of Science in Marriage, Couples, and Family Counseling from Duquesne University after completing my Bachelor of Arts in Child and Family Studies at Albright College. I began my career in Pittsburgh, where I worked with a nonprofit practice, and I now call Lancaster home. I grew up next door in Chester County and have always been drawn to Lancaster. Since moving here from Pittsburgh a year ago, I have absolutely loved becoming part of the community and immersing myself in the expansive culture the city has to offer.

Who I Counsel

I work exclusively with couples at every stage of their relationship—whether you're dating, engaged, newly married, or navigating decades of partnership. Couples often come to me to strengthen communication, rebuild trust, process attachment wounds, or navigate major transitions such as parenthood, relocation, or separation. Together, we may work through challenges related to:

· Conflict and communication patterns

· Attachment and relationship wounds

· Sex and intimacy concerns

· Strengthening connection and trust

· Identity exploration and support for LGBTQIA+ couples

· Family stress, parenting differences, or life transitions

· Grief and trauma are impacting the relationship

Building Trust in Therapy

My approach to couples therapy is warm, collaborative, and rooted in safety and trust. I see my role as helping both partners better understand themselves and each other, creating space for honest conversation and meaningful change. Couples counseling can feel vulnerable, and I strive to balance empathy with structure so that both partners feel heard, supported, and guided toward growth.

Techniques I Use in Therapy

As an Emotionally Focused Therapy (EFT)–trained clinician, I focus on the emotional bonds between partners and the attachment patterns shaping their dynamic. By helping couples identify and express their deeper needs, we work to create new cycles of connection, understanding, and intimacy.

In addition, I draw from the Gottman Method, Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT) to give couples practical tools for communication, emotional regulation, and conflict management. My integrative approach allows me to tailor therapy to each couple's unique story, goals, and strengths.

About Me

Outside of the therapy room, I live a cozy, full life in Lancaster with my partner and our two cats, Winston and Stevie. I love exploring the city, discovering hidden gems, and traveling to new places. Staying connected with my family is a big part of my life, and I find joy in spending time with them whenever I can.

PA License #APC000019

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