About Gabby Peguero, Therapist

Hello, I'm Gabby Peguero (she/her), a Licensed Social Worker (LSW). I am also a bilingual, Spanish-speaking therapist. I offer in-person sessions to families, couples, and relationships in Lancaster, PA and online across the state.

As a therapist, I am deeply committed to fostering meaningful relationships with my clients. Relationships built on a foundation of respect, understanding, authenticity, and even moments of humor along the way. I believe that healing happens within the safety of a strong therapeutic connection, and I prioritize creating a space where you feel seen, heard, and genuinely supported.

In my work, I believe that meaningful growth requires effective communication, clarity around personal values, and the intentional use of your individual strengths and the family system's strengths. Together, we will build upon what already exists while developing the tools needed to navigate life's challenges with confidence and resilience.

Whether you are facing struggles related to marriage, divorce, family dynamics, grief and loss, parenting, or everyday stressors, I am here to walk alongside you. I strive to create a collaborative environment that encourages honesty, transparency, and a genuine desire for growth. Through our work together, we will focus on helping you move forward into your next stage of healing, clarity, and fulfillment.

My Background I have extensive experience in behavioral health and have been committed to serving the Lancaster County community since earning my Bachelor's Degree in Social Work from Millersville University in 2015. In 2023, I furthered my education by obtaining a Master's degree in Social Work from Millersville University.

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Other Counseling Specialties

Since 2015, I have specialized in counseling children, teens, young adults, and adults for trauma, anxiety, depression, abuse, life transitions, racial identity, relationship problems, and other mental health and life-impacting experiences. Presently, I also counsel people age 18 and older for chronic pain/illness, anger management, bipolar disorder, body image, family conflict & dynamics, ODD, couples, marriage, sexual abuse, self-harm, spirituality, technology addiction, gifted youth & adults, perinatal/pregnancy, exhibiting inappropriate sexual behaviors, and more.

My Therapy Style

My therapy style begins with one simple but powerful commitment: I show up. I show up with presence, intention, and the deep belief that the therapeutic relationship is where healing begins. I feel genuinely honored to hold space for the full range of human experience—whether that means sitting with difficult emotions, celebrating joyful moments, or navigating everything in between.

I understand the courage it takes to be open and expressive about hard things. Because of that, I value authenticity deeply—both yours and mine. I will always strive to show up as my most authentic self, creating a space where honesty and transparency are not only welcomed, but encouraged. Growth takes courage, vulnerability, and hard work, and I believe we can also

find moments of laughter and lightness along the way.

I approach each client with a strengths-based lens, intentionally recognizing and building upon the resilience and capabilities that already exist within you. I also understand that no two people—and no two sessions—are exactly alike. Some days may require structure and skill-building; others may call for reflection, processing, or simply being heard. I am flexible in my approach and open to trying different methods to discover what works best for everyone in that particular season or even that particular day.

I am passionate about the work I do, and I truly look forward to forming meaningful connections with the individuals and families I serve. It is a privilege to walk alongside you in your growth and healing.

Training and Techniques in Therapy

I will incorporate various modalities during our sessions, including EFT, Gottman Informed Therapy, DBT Informed therapy, Parts Work, Trauma-Focused Cognitive Behavioral Therapy (CBT), a Person-Centered approach, Family Systems theory, Mindfulness techniques, EMDR, and Motivational Interviewing and Christian based therapy. These tools allow me to tailor my approach to your needs and create a safe and supportive environment.

About Me

I was born in New York City and moved to Lancaster County in 2003. My family is from the Dominican Republic, and I enjoy spending time with them and celebrating our unique and joyous culture. I also enjoy listening to music, traveling with my partner, and supporting my children's extracurricular activities. I love spending time with family and friends, but I also value those peaceful and quiet moments with a book!

To schedule an appointment, speak with a scheduler, or request a free 15-minute consultation session to help you decide if I'm a good match for your therapy needs, *email* or *call* us.

Gabby Peguero, LSW

PA License #SW141532

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