

Revital Resources

Lisa Young Therapy

Mental Health Nutrition



Lisa Young Therapy provides trauma and/or addiction recovery therapy services for individuals and groups. She does this through body-centered psychotherapy. Lisa also engages in recovery through her Mental Health Nutrition Coaching Program, **Reset + Relief**.

For our responders:

Lisa Young is “First Responder Approved” through Building Warriors, Revital, and Foundation 1023, working with the emergency responder community for 5 years now. She has worked in the field of mental health for the past 20 years. Lisa works with adult or late adolescent individuals.

Pricing information:

Services include individual psychotherapy, individual Mental Health Nutrition coaching, and group nutrition lessons.

LYT provides Good Faith Estimates to all self-pay or uninsured patients in accordance with the No Surprises Act.

Reduced Prices for First Responders and mention Revital-: \$120 per session

Scheduling information:

To schedule please reach out to Lisa Young at lisayoung.lcsw@gmail.com or call (720) 891-9353. You can also visit the website directly at www.lisayoungtherapy.com
