

PROFESSIONAL PROFILE

Joseph Acosta, M.A., LPC
8400 N. Mopac, Suite 202, Austin, 78759
Office: (512) 576-9523
Email: acosta.joseph@gmail.com

Specialization:

Sex Addiction, Emotional Communication, Personality Development and Couples Therapy

My work focuses on addressing the psychological and emotional barriers that prevent us from being more engaged with ourselves and others. When we know what we think and feel in the moment and when we can express these thoughts and feelings to others, we emotionally communicate. With emotional communication, we live feeling connected to ourselves and others. Many people I work with initially speak of feeling 'empty' or 'lonely' and have negative thinking, depressed mood and strong anxiety. By paying close attention to these symptoms, we can understand how the symptoms hinder relationships and we can develop more psychological and emotional capacities.

I work with individuals, couples and groups. I lead four mixed gender groups.

Licenses & Certifications:

LPC- Licensed Professional Counselor
Certified Sex Addiction Therapist training with Patrick Carnes, Ph.D.
Modern Group Leadership

Summary of Experience:

21 years in mental health
10 years of supervising therapists

Fee structure:

Standard fees

Professional Affiliations:

Society for the Advancement of Sexual Health
Austin Group Psychotherapy Association
American Group Psychotherapy Association

Education:

B.A., University of Notre Dame
M.A., Bastyr University

References:

Richard Holt, Ph.D. (512) 236-0448
Gail Goodman, M.Ed. (512) 448-5732