

Ms. Megan Coonce – Personal Statement:

I am interested in integrating mind and body work to achieve wellness. I have long been active in exercise as well as Psychoanalysis and I am impressed with how they complement one another. Verbalizing wishes and goals as well as the obstacles to achieving success has been a wonderful way to improve motivation and relieve stress.

I have a Master's Degree in Educational Psychology from University of Florida, and I am currently an Advanced Candidate in the Psychoanalysis Doctoral program at BGSP. I am certified with Body Training Systems as a Group Centergy Instructor, which uses Yoga and Pilates movements to increase strength, flexibility and balance. I offer individual, couples and group therapy through the BGSP therapy center.