

Red Pine Counseling Introduces Individual Counseling Program for Raleigh Professionals Facing Workplace Stress

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RALEIGH, NC, UNITED STATES, June 5, 2025 /EINPresswire.com/ -- Red Pine

Counseling has announced the launch of a [specialized individual counseling program](#) designed specifically for Raleigh professionals navigating the complex mental health challenges of today's evolving workplace. This initiative responds to the rising demand for personalized mental health support as workers continue to adjust to changing work environments and heightened professional pressures.

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The new program incorporates multiple evidence-based therapeutic approaches, including Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), and Solution-Focused Brief Therapy (SFBT), tailored to address the unique stressors facing today's workforce. Sessions are available through telehealth throughout North Carolina and in-person at their Raleigh office.

"The professional landscape has fundamentally changed, creating new mental health challenges that require specialized individual counseling approaches," said Edmund Buckman, head therapist at Red Pine Counseling. "Many Raleigh professionals are struggling with burnout, anxiety, and work-life balance issues. Our new program creates a dedicated space where clients can develop practical coping strategies while addressing deeper patterns that may be holding them back."

The [Individual Therapy program in Raleigh, North Carolina](#), emphasizes flexibility and accessibility, with 50-55 minute sessions available through multiple formats to accommodate busy professional schedules. Telehealth options are priced at \$100 per session, traditional office therapy in Raleigh is also \$100 per session, and in-home therapy throughout the Triangle area is

available at \$135 per session.

Recent studies indicate that workplace mental health concerns have increased significantly in recent years, with professionals reporting higher levels of stress, anxiety, and uncertainty about career trajectories. Red Pine Counseling's new program directly addresses these concerns through personalized treatment planning and regular progress assessments.

"Individual counseling works best when it's practical, convenient, and meaningful," Buckman added. "We've designed this program to meet professionals where they are—both emotionally and logistically—creating therapeutic relationships built on trust and genuine care for their wellbeing."

The program includes an initial consultation to assess fit, followed by an intake session to explore history and goals, collaborative treatment planning, and regular sessions scheduled at a frequency that works for each client's needs.

For more information about [Red Pine Counseling & Online Mental Health Therapy, Raleigh, North Carolina](#), online mental health therapy services or to schedule a telehealth consultation, visit www.redpinecounseling.com or call (984) 464-2675.

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