



F. Janelle McNeal, Ph.D.

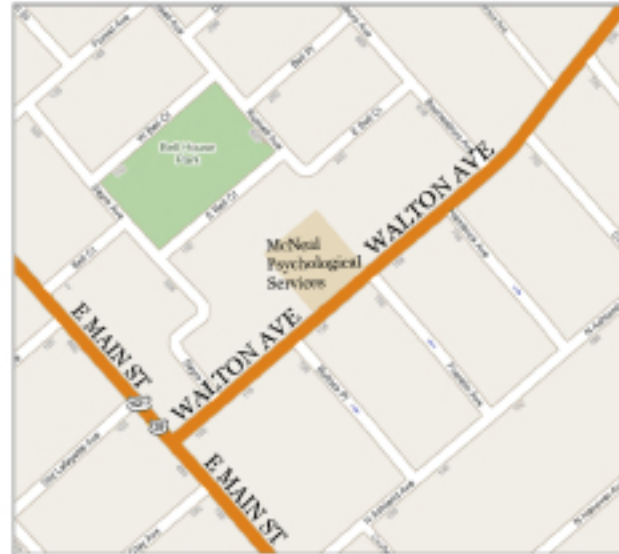
I am a licensed clinical psychologist in private practice in Lexington, Kentucky.

I completed a predoctoral internship at Illinois State University, and earned a Ph.D. in Counseling Psychology from the University of Iowa in 2003.

My professional memberships include the American Psychological Association, the Association of Black Psychologists and the Kentucky Psychological Association.

I am committed to helping people maximize their potential in order to live their best possible lives.

### Location



*Free off-street parking is located behind the building.*

**Take the first step toward positive change -- call for a free phone consultation.**

McNeal Psychological Services  
145 Walton Avenue  
Lexington, Kentucky 40508  
(859) 389-6904

[www.janellemcneal.com](http://www.janellemcneal.com)

 **MCNEAL**  
PSYCHOLOGICAL SERVICES

**Counseling**

**Public Speaking**

**Consulting**



*Are you going through a hard time?*

*Are you dissatisfied with your life?*

*Have you lost sight of your dreams?*

*Do you want to take action to live a better life?*

If you answered “Yes” to any of the above questions, please consider McNeal Psychological Services.

### **Philosophy**

I firmly believe that we all deserve to live our ideal lives.

Through continual assessment, understanding and personal development, I'll help you work through barriers that are keeping you from realizing your dreams and living an authentic, meaningful and peaceful life.

### **Counseling**

Confidential and ethical counseling services are provided for individuals and couples, 18 and older.

My warm and supportive style helps you feel comfortable and safe; yet, I am also direct and challenge you with valuable feedback that you can utilize to make lasting change. Together, we'll work to conquer the roadblocks to living your ideal life.

### **Public Speaking/Consulting**

Presentations, workshops, trainings and keynote addresses are offered for businesses and organizations.

Popular topics include:

- 🍁 Managing Stress
- 🍁 Balancing Work and Life
- 🍁 Conquering Procrastination
- 🍁 Controlling Perfectionism
- 🍁 Embracing Diversity
- 🍁 Boosting Productivity
- 🍁 Setting and Attaining Goals

Other topics are available.

### **Fees/Hours**

**Counseling:**

Individual - \$125/50-min. session  
Couples - \$150/50-min. session

**Public Speaking/Consulting:**  
Prices vary. Please call for more information.

**Hours:**

By appointment only. Evening and weekend appointments are available. Please call to make an appointment or schedule on-line.

### **Benefits**

- 🍁 support and encouragement
- 🍁 personal insight
- 🍁 individualized attention
- 🍁 honest feedback
- 🍁 a compassionate, therapeutic relationship
- 🍁 a problem-solving skill set
- 🍁 hope for a better life