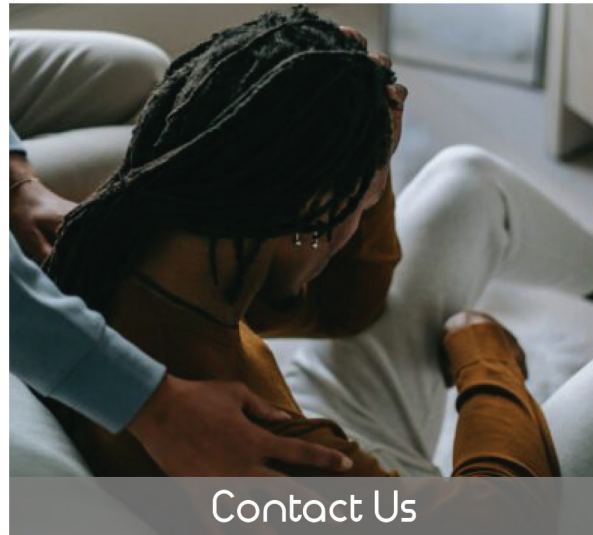




Born & raised in Jonesboro, AR, Matthew Lloyd is a Licensed Professional Counselor who graduated from Jonesboro High School & earned his degree from Arkansas State University in the Mental Health Counseling Program.

He has been practicing in an outpatient setting and has worked with many people of various backgrounds and needs. As a Licensed Professional Counselor, he is devoted to helping individuals, couples, families, and groups to achieve and establish a SECURE FOUNDATION for optimal mental health.



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**SECURE FOUNDATION**  
Counseling, PLLC

Counseling to heal your  
mind & relationships.

**We treat people in every  
stage of life.**



## Benefits of Counseling

Counseling has undoubtedly a lot of benefits for groups & individuals alike.

- Self-awareness
- Open-mindedness
- Self Love
- Coping skills improvement
- Patience improvement
- Conflict resolution skills
- Acceptance

These are extremely valuable skills for coping with the adversities of life & making sure our relationships are healthy & serving their true purpose.

Above all else, counseling can ensure we stay healthy mentally & function well physically.

## Why Choose Secure Foundation Counseling?



We Offer:

- Individual counseling
- Family Counseling
- Relationship Counseling
- Christian Counseling
- Group Counseling
- Play Therapy
- Parent-Child Interaction Therapy (PCIT)
- Trauma-Focused Cognitive Behavior Therapy (TF-CBT)
- Telemental Health Counseling
- On-line Counseling
- In person/Office Counseling

Secure Foundation Counseling believes in providing its clients with the most secure & safe environment for them to explore their lives & minds. It helps couples & individuals see things from a deeper level & then work on skills to cope with any issues & roadblocks.

We Accept Most Major Insurance

## What is Play Therapy?

A therapeutic way of being with the child that honors their unique developmental level & helps in the “language” of the child – play. Regardless of age, gender, or the nature of the problem, Play Therapy can help children with:

- Anxiety
- Depression
- Attention Deficit Hyperactivity (ADHD)
- Anger Management
- Grief & Loss
- Divorce & Abandonment
- Crisis & Trauma



## What is Parent-Child Interaction Therapy?

PCITs is done across two treatment phase

- 1) Establishing warmth in the parent-child relationship by learning skills to help children feel calm & secure.
- 2) Equip parents to manage the most challenging behaviors, while remaining confident, calm, & consistent in their discipline approach.