

Concord Community Clinician Bio

Meet the new Concord Community Clinician!



Hello! My name is Juliette Jaye and I am an outpatient clinician providing therapy to residents of Concord through Eliot Community Human Services. I received my Master of Social Work (MSW) from Simmons University and my Bachelor of Arts (BA) in Psychology from Macalester College. I have experience working with individuals across the lifespan in a variety of settings. As the Concord Community Clinician, I offer individual, couples, or family therapy to Concord residents of all ages. As a therapist, my goal is to help you gain clarity about your physical, emotional, mental, social needs and goals, so you can build a life that feels fulfilling and authentic. I use an eclectic approach, combining Internal Family Systems, Mindfulness, Narrative, and Mind-Body techniques to address the barriers that may be

obstructing the path to achieving your goals. I aim to create a safe, supportive space where you can learn and practice how to effectively identify emotions, express your needs, feel more grounded in your body, quiet your mind to access your intuition, and set healthy boundaries when needed. I have a particular interest in helping clients explore relationship patterns, cultivate self-compassion, and tap into self-trust. I would be honored to support you as you take courageous steps towards self-exploration, empowerment, and personal growth.