



Joyful Hearts Counseling

Leslie Pechkurow, LPC, RYT

Welcome! Thank you for choosing Joyful Hearts Counseling. My name is Leslie Pechkurow, and Joyful Hearts Counseling is my private practice. I am pleased to offer counseling services to children, adolescents, and adults who are hoping to live with less stress and more peace in their lives. Whether you are healing from a past trauma, looking to improve relationships, or would simply like to live a more fulfilling life, I would be honored to accompany you through this journey.

A little about my experience...I am a Licensed Professional Counselor (LPC-14134), independently licensed in the state of Arizona to practice psychotherapy. I have been working in the behavioral health field since 2004, and I have worked in a variety of setting with a variety of populations. The type of therapy I use is a mixture of the experiences I have found most helpful in working with clients. When working with children I utilize a lot of play therapy techniques because this is the language that children can relate to. I am also trained as a Registered Yoga Teacher (RYT), and so I bring in mindfulness, meditation, and breathwork into my sessions with children, adolescents, and adults alike. Most important, I look to you as the expert in your life as my guide to what will make therapy a positive experience.

I believe that we all come to a point in our lives when we could benefit from the support and encouragement to help us overcome obstacles. Sometimes you will be on the helping end, and sometimes you will be on the receiving end. My passion is to help those who are ready to make changes and are open to someone walking with them to live a more joyful life.

Thank you,
Leslie