



The Legendary Therapy Professional Partnership Guide

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**BUILDING COLLABORATIVE PARTNERSHIPS
TO SUPPORT MENTAL WELLNESS
THROUGHOUT TEXAS**



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"The curious paradox is that when I accept myself just as I am, then I can change."

-Carl R. Rogers



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A Message from Leslie

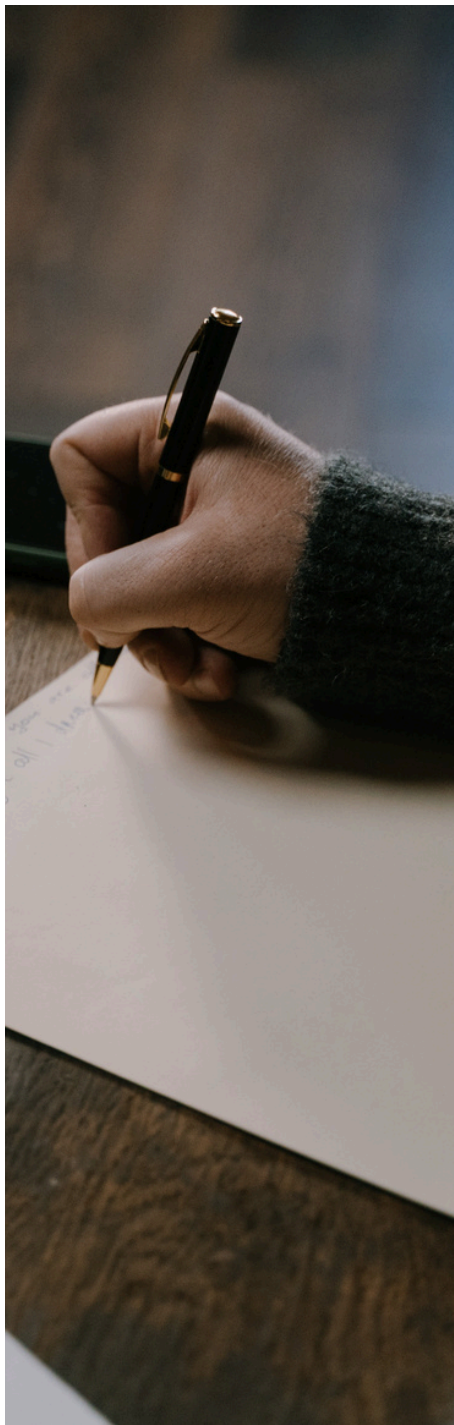
First, thank you for taking the time to learn more about Legendary Therapy.

Whether you're a physician, attorney, educator, executive coach, financial professional, first responder, or community leader, I truly appreciate the work you do to support others. I believe the strongest care happens when professionals collaborate, and my hope is that this guide serves as the beginning of a meaningful professional relationship.

Legendary Therapy was founded on the belief that every person deserves to feel heard, understood, and supported. Mental health challenges rarely exist in isolation—they often affect physical health, relationships, careers, and overall well-being. When we work together, we can provide more comprehensive support for the individuals and families we serve.

My goal is simple: to become a trusted mental health resource you feel confident recommending whenever someone in your care could benefit from therapy. Thank you for taking the time to get to know me and my practice. I look forward to the opportunity to work together.

Warmly,
Leslie Pena, M.S., LPC Associate
Supervised by Edward Acosta, M.Ed., LPC-S
Founder, Legendary Therapy



MY STORY

HELPING PEOPLE DISCOVER RESILIENCE, EMBRACE GROWTH, AND
CREATE MEANINGFUL CHANGE—ONE CONVERSATION AT A TIME.



My journey to becoming a therapist wasn't a straight path—it was shaped by service, meaningful relationships, and a deep belief in the power of human connection.

Before entering the counseling profession, I worked in education, human resources, and leadership roles, where I had the privilege of working with individuals from many different backgrounds and stages of life. While teaching, I noticed something that would ultimately change the direction of my career. Students often came to me not only with academic questions, but with personal struggles, fears, and life experiences they felt they couldn't share anywhere else. They weren't simply looking for advice—they were looking for someone who would listen without judgment, help them feel understood, and remind them they weren't alone.

Those conversations stayed with me long after the school day ended. I realized my purpose extended beyond the classroom. I wanted to dedicate my career to helping people navigate life's challenges, discover their strengths, and realize that healing and growth are always possible.

That realization led me to pursue a Master's degree in Clinical Mental Health Counseling—a decision that has become one of the most meaningful chapters of my life.

Since then, my work has expanded beyond the therapy room through community outreach, professional presentations, published books, educational resources, and research focused on improving access to quality mental health care. Every opportunity to educate, advocate, and connect with others has reinforced why I chose this profession. What I love most about being a therapist isn't simply helping people overcome difficult moments—it's witnessing transformation.

I have the privilege of watching people rediscover hope after believing they had lost it. I watch anxiety become confidence, burnout become balance, trauma become resilience, and self-doubt become self-compassion. Those moments remind me every day that healing doesn't happen because someone is "fixed." It happens because people begin to recognize the strength that has always existed within them.

That belief is at the heart of Legendary Therapy.

I don't believe therapy should be about simply reducing symptoms. I believe it should help people better understand themselves, strengthen their relationships, build emotional resilience, and create lives that feel meaningful and authentic.

As I continue to grow professionally, I remain committed to lifelong learning and hope to pursue a doctoral degree so I can continue contributing to the counseling profession through clinical practice, education, leadership, and research. It is truly an honor to walk alongside my clients during some of the most important chapters of their lives. My hope is that every person who walks through the doors of Legendary Therapy leaves feeling seen, heard, valued, and empowered to write the next chapter of their story with confidence.

MISSION

To provide compassionate, evidence-based, and individualized mental health care that empowers people to overcome life's challenges, strengthen resilience, and create meaningful, lasting change.

VISION

To become a trusted leader in mental health by building a practice known for compassionate care, clinical excellence, community collaboration, education, and advocacy while helping create healthier individuals, stronger relationships, and more resilient communities.



CORE VALUES

Compassion

Meeting every individual with empathy, respect, and genuine care.

Authenticity

Creating a therapeutic relationship built on honesty, trust, and acceptance.

Growth

Believing that healing and personal development are lifelong journeys.

Collaboration

Partnering with clients and professionals to provide comprehensive, client-centered care.

Integrity

Practicing ethically, professionally, and with the highest standards of care.

Education

Promoting lifelong learning and empowering individuals through knowledge and practical skills.

Community

Giving back through outreach, education, presentations, and partnerships that improve access to mental health care.



Why Legendary Therapy?

Choosing a therapist for your clients is an important decision. Beyond clinical knowledge and experience, I believe the therapeutic relationship is one of the strongest predictors of meaningful change. My goal is not only to help clients feel better but to help them better understand themselves, strengthen their resilience, and create lasting improvements in their lives.

At Legendary Therapy, I strive to create an environment where clients feel genuinely heard, respected, and empowered. Every individual brings a unique story into therapy, and I believe treatment should reflect that individuality rather than follow a one-size-fits-all approach.

As an eclectic therapist, I thoughtfully integrate evidence-based modalities—including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), mindfulness-based practices, trauma-informed care, and EMDR-informed interventions—to meet each client where they are. This flexibility allows treatment to remain personalized, collaborative, and responsive to each person's goals, strengths, and experiences.

My practice is built on the belief that healing is possible when people are provided with a safe space, practical tools, and a strong therapeutic relationship. Whether someone is navigating anxiety, burnout, trauma, depression, ADHD, relationship concerns, or a significant life transition, my hope is that they leave each session feeling more capable, more understood, and more confident in their ability to move forward.

When professionals refer to Legendary Therapy, they can trust that their clients will be treated with compassion, professionalism, respect, and evidence-based care every step of the way.

956-988-3935

www.legendarytherapytx.com



At Legendary Therapy, my goal extends beyond providing therapy sessions. I strive to create an experience where clients feel welcomed, respected, and empowered from their very first interaction.

Every Client Receives:

- A complimentary 15-minute consultation to ensure we're a good fit.
- Individualized treatment tailored to their unique goals, strengths, and experiences.
- Evidence-based care grounded in current research and best practices.
- Practical tools they can apply between sessions—not just insights during sessions.
- A collaborative therapeutic relationship built on trust, compassion, and authenticity.
- A safe, nonjudgmental environment where they can explore challenges at their own pace.

Every Referral Partner Can Expect:

- Response time to new inquiries
- Free consultation process
- Communication expectations (with client consent)
- Your commitment to professionalism
- How you handle referrals
- How you protect confidentiality
- Your philosophy of interdisciplinary collaboration
- Respect for the important work you've already done with your client.
- Collaboration when appropriate and when authorized by the client.
- A streamlined referral process designed to reduce barriers to care.
- A commitment to treating every referral with the same level of compassion and professionalism I would hope for my own family.

My vision is to become more than a therapist someone refers to. I hope to become a trusted professional partner who helps strengthen the network of care available to our communities throughout Texas.

Who I Help

While I have experience working with a wide range of mental health concerns, I am especially passionate about supporting individuals who are ready to better understand themselves, develop healthier ways of coping, and create meaningful, lasting change.

Many of the individuals I work with are navigating significant responsibilities while quietly carrying emotional burdens that others may not see. They are often dedicated professionals, caregivers, students, educators, helping professionals, first responders, parents, or individuals experiencing major life changes who have spent so much time caring for others that they've forgotten to care for themselves.

I frequently work with individuals experiencing:

- Anxiety, chronic stress, and excessive worry
- High-functioning anxiety and perfectionism
- Burnout and emotional exhaustion
- Depression and loss of motivation
- Trauma and post-traumatic stress
- ADHD and executive functioning challenges
- Relationship concerns and communication difficulties
- Low self-esteem and self-confidence
- Major life transitions and identity changes
- Grief, loss, and adjustment
- Young adults navigating education, careers, and adulthood
- Couples seeking healthier communication and stronger relationships
- Professionals, educators, healthcare workers, first responders, and helping professionals balancing demanding careers with personal well-being

Whether someone is beginning therapy for the first time or returning during a new chapter of life, my goal is to provide a supportive environment where they feel understood, respected, and empowered to move forward.

AREAS OF CLINICAL EXPERTISE

At Legendary Therapy, I provide individualized care for adolescents and adults experiencing a wide range of concerns. While every treatment plan is personalized, I frequently support clients in the following areas:

- **Anxiety Disorders**
- **High-Functioning Anxiety**
- **Chronic Stress & Burnout**
- **Trauma & PTSD**
- **Depression**
- **ADHD & Executive Functioning Challenges**
- **Relationship & Communication Concerns**
- **Couples Counseling**
- **Self-Esteem & Confidence**
- **Emotional Regulation**
- **Life Transitions & Adjustment**
- **Grief & Loss**
- **Young Adults Navigating College, Careers, and Independence**
- **Professionals & Helping Professionals**
- **First Responders**
- **Personal Growth & Emotional Wellness**



My Therapeutic Philosophy

At Legendary Therapy, I believe that no two people experience life in exactly the same way. Every person brings their own history, strengths, challenges, values, and goals into the therapy room. Because of this, I don't believe therapy should follow a one-size-fits-all approach.

My work is grounded in an eclectic philosophy, allowing me to thoughtfully integrate evidence-based approaches based on each client's unique needs rather than relying on a single therapeutic model.

While I draw from Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), trauma-informed care, EMDR-informed interventions, solution-focused techniques, strengths-based therapy, and person-centered principles, mindfulness remains the foundation that connects my work. Developing awareness is often the first step toward meaningful change, and I believe helping clients become more present, intentional, and compassionate with themselves creates lasting growth.

Above all, I strive to create a therapeutic relationship where clients feel genuinely safe, respected, and understood. I believe healing begins when people experience authenticity, acceptance, and hope. Therapy is not about becoming someone different—it's about discovering the strengths that already exist within you and learning how to use them to build the life you want.

Rather than focusing solely on symptom reduction, I aim to help clients develop resilience, improve relationships, strengthen emotional well-being, and create meaningful, lasting change that extends beyond the therapy session.



"Healing begins the moment you feel seen, heard, and understood—and grows when you learn to see that strength within yourself."

EVIDENCE-BASED TREATMENT APPROACHES

My therapeutic approach is grounded in research while remaining flexible enough to meet each client's unique needs.

Because no single modality works for everyone, I practice from an eclectic framework, thoughtfully integrating evidence-based interventions to create individualized treatment plans.



Approaches I commonly incorporate include:

Cognitive Behavioral Therapy (CBT)

Helping clients identify and change unhelpful thoughts and behaviors while developing healthier coping strategies.

Dialectical Behavior Therapy (DBT)

Teaching practical skills for emotional regulation, distress tolerance, interpersonal effectiveness, and mindfulness.

EMDR-Informed Therapy

Utilizing trauma-informed techniques to help clients process distressing experiences and reduce the emotional impact of past events.

Mindfulness-Based Interventions

Helping clients develop greater awareness, emotional balance, and present-moment focus.

Person-Centered Therapy

Creating a safe, accepting environment where clients feel heard, respected, and empowered.

Strengths-Based Therapy

Identifying existing strengths and building upon them to foster resilience and confidence.

Solution-Focused Strategies

Helping clients identify realistic goals and practical solutions while recognizing their existing resources.

Rather than relying on a single approach, I tailor therapy to each individual because I believe effective treatment should honor every client's unique story, values, and goals.



The Referral Experience

At Legendary Therapy, I strive to make the referral process simple, welcoming, and seamless for both clients and referring professionals.

STEP 1

| Referral or Initial Contact

Clients may contact Legendary Therapy directly, be referred by a healthcare provider or community professional, or schedule a complimentary 15-minute consultation through the website. Every inquiry is met with warmth, professionalism, and respect.

Complimentary Consultation

STEP 2

Prospective clients have the opportunity to schedule a free 15-minute consultation to:

- Ask questions about therapy
- Learn about my approach
- Discuss their goals and concerns
- Determine whether we're a good therapeutic fit

If I believe another provider would better meet their needs, I will provide appropriate referral recommendations whenever possible.

STEP 3

Comprehensive Intake

The first full session focuses on understanding the client's:

- Personal history
- Current concerns
- Strengths
- Relationships
- Goals for therapy

Together we create an individualized treatment plan based on their unique needs.

Complimentary Consultation

STEP 4

Therapy is collaborative, individualized, and evidence-based. Sessions are designed to help clients:

- Increase self-awareness
- Learn practical coping skills
- Improve emotional regulation
- Process difficult experiences
- Strengthen relationships
- Build confidence and resilience
- Create meaningful, lasting change

STEP 5

Continued Growth

Therapy doesn't simply focus on reducing symptoms. The goal is to help clients develop lifelong skills that support emotional wellness, healthier relationships, and continued personal growth long after therapy has ended.

When Is Someone a Good Fit for Legendary Therapy?

One of the questions referral partners often ask is, "How do I know when someone would be a good fit for your practice?"

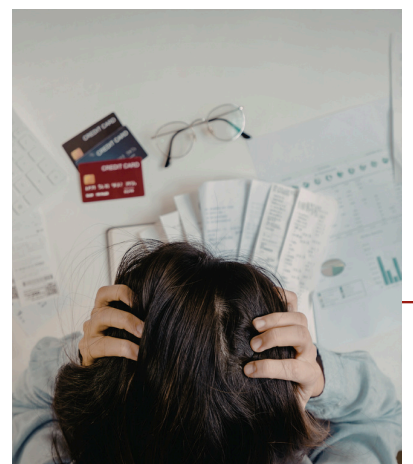
While every individual is unique, clients often benefit from Legendary Therapy when they:

- ✓ Feel overwhelmed by life's responsibilities but continue to push through.
- ✓ Experience persistent anxiety, excessive worry, or racing thoughts.
- ✓ Are struggling to recover from burnout or chronic stress.
- ✓ Have experienced trauma or difficult life events they haven't fully processed.
- ✓ Feel emotionally exhausted despite appearing successful on the outside.
- ✓ Are navigating relationship challenges, separation, or significant life transitions.
- ✓ Want to improve self-esteem, confidence, emotional regulation, or communication.
- ✓ Are seeking practical coping skills while also exploring deeper personal growth.
- ✓ Value a collaborative, compassionate, and individualized therapeutic experience.

Clients do not need to be in crisis to benefit from therapy.

Many of the individuals I work with are highly capable people who simply recognize that they don't have to navigate life's challenges alone.

Therapy can be both a place for healing during difficult seasons and a space for continued personal growth long after the crisis has passed.



Why Partner with

Legendary Therapy?

My goal is to make the referral process simple, collaborative, and beneficial for both clients and referring professionals.

When appropriate and with the client's written consent, I value open communication with referring providers to help coordinate care and support the client's overall well-being.

Referral partners can expect:

- Responsive communication regarding referrals
- Complimentary 15-minute consultation for prospective clients
- Flexible virtual therapy throughout Texas
- Evidence-based, individualized treatment plans
- A collaborative approach that respects the work already being done by referring professionals
- Timely scheduling whenever possible
- A warm, professional experience from first contact through ongoing care

I view every referral as an opportunity to build a lasting professional relationship centered on providing the highest quality care for the individuals we serve together.



Collaboration & Communication

MEANINGFUL CARE OFTEN INVOLVES
COLLABORATION.

When appropriate—and only with the client's written consent—I welcome communication with referring professionals to help support continuity of care.

Every client's privacy and confidentiality remain my highest priority. Information is shared only with proper authorization and in accordance with HIPAA and professional ethical standards.

Collaboration may include:

- Coordination with primary care physicians
- Communication with psychiatrists
- Collaboration with attorneys when clinically appropriate
- Coordination with schools and educators
- Collaboration with executive coaches and wellness professionals
- Communication with other healthcare providers involved in the client's care

My goal is to serve as a trusted member of each client's support network while maintaining the highest level of professionalism and respect for every provider involved.



Professional Contributions

My commitment to mental health extends beyond the therapy office. I believe education, community outreach, and professional development are essential to expanding access to quality mental health care.

Publications

- Supporting the Mental Health Needs of Impoverished Youth in the Rio Grande Valley

Books

- The Therapist's Toolbox Workbook
30 Essential Therapy Techniques with Clinical Scripts, Reflection Activities, and Practical Tools for Counselors and Students.
- A Gentle Place to Land
A guided workbook focused on anxiety, emotional regulation, self-reflection, and personal growth.
- 100-Day Mental Wellness Workbook
A structured journal designed to promote mindfulness, resilience, gratitude, and emotional well-being through daily reflection.



Community Education

Committed to providing educational presentations for:

- Schools
- Universities
- Healthcare organizations
- Police departments
- First responders
- Businesses and corporations
- Community organizations

Presentation topics include:

- Burnout Prevention
- Stress Management
- Mental Wellness
- Emotional Resilience
- Trauma Awareness
- Communication
- Team Wellness
- Self-Care

“When we invest in mental health, we invest in stronger individuals, healthier relationships, and more resilient communities.”

I believe that education has the power to reduce stigma, strengthen communities, and empower individuals to prioritize their mental health.

SPEAKING & TRAINING OPPORTUNITIES

Legendary Therapy proudly partners with organizations throughout Texas to provide engaging, evidence-based mental health education.

Presentations can be customized for schools, healthcare organizations, businesses, first responders, community organizations, and professional groups.



Topics Include

- **STRESS MANAGEMENT**
- **BURNOUT PREVENTION**
- **HIGH-FUNCTIONING ANXIETY**
- **EMOTIONAL WELLNESS**
- **BUILDING RESILIENCE**
- **TRAUMA AWARENESS**
- **MENTAL HEALTH IN THE WORKPLACE**
- **COMMUNICATION & HEALTHY RELATIONSHIPS**
- **SELF-CARE FOR HELPING PROFESSIONALS**
- **WELLNESS FOR EDUCATORS**
- **FIRST RESPONDER MENTAL HEALTH**
- **TEAM BUILDING & PSYCHOLOGICAL SAFETY**

CUSTOMIZED PRESENTATIONS AND WORKSHOPS ARE AVAILABLE BASED ON YOUR ORGANIZATION'S NEEDS. WHETHER YOU'RE SEEKING A KEYNOTE PRESENTATION, PROFESSIONAL DEVELOPMENT WORKSHOP, STAFF WELLNESS TRAINING, OR COMMUNITY EDUCATION EVENT, I WOULD BE HONORED TO COLLABORATE WITH YOU.



Let's connect.

Request a Provider Meeting

Building strong communities starts with strong professional relationships.

I welcome the opportunity to meet with physicians, attorneys, educators, executive coaches, financial professionals, and community organizations interested in learning more about Legendary Therapy.

Whether you're looking for a trusted referral resource, planning a wellness initiative, or exploring opportunities for collaboration, I'd love to connect.

Available Opportunities

- ✓ Virtual Introduction Meetings
- ✓ Lunch & Learn Presentations
- ✓ Staff Wellness Workshops
- ✓ Mental Health Trainings
- ✓ Community Partnerships
- ✓ Speaking Engagements
- ✓ Resource Sharing

One Final Thought

Thank you for taking the time to learn more about Legendary Therapy.

I recognize that referring a client is an act of trust. My commitment is to honor that trust by providing compassionate, evidence-based care while treating every individual with dignity, respect, and genuine compassion.

Whether our paths cross through a single referral, a community presentation, or a long-term professional partnership, I would be honored to work alongside you in supporting the mental health and well-being of the individuals and families we serve.

Thank you for the difference you make in our communities each day. I look forward to the opportunity to connect.

Warmly,

Leslie Pena, M.S., LPC Associate

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[LinkedIn](#)

Frequently Asked Questions



Do you accept insurance?

Legendary Therapy is a private-pay practice. This allows me to provide individualized, confidential care without many of the limitations that can accompany insurance-based treatment.

Do you offer virtual therapy?

Yes. Secure telehealth sessions are available for clients throughout Texas.

Do you work with adolescents and adults?

Yes. I provide therapy for adolescents, adults, couples, professionals, helping professionals, and individuals navigating life's many challenges.

What concerns do you commonly treat?

I frequently work with anxiety, trauma, PTSD, burnout, depression, ADHD, relationship concerns, life transitions, stress, self-esteem, emotional regulation, and personal growth.

How quickly can clients schedule?

My goal is to respond promptly and schedule new clients as soon as availability allows.

Do you collaborate with referring professionals?

Absolutely. With the client's written consent, I welcome collaboration with physicians, attorneys, schools, psychiatrists, executive coaches, and other professionals to help provide coordinated, client-centered care.

Are presentations and trainings available?

Yes. I provide customized presentations, workshops, and wellness trainings for schools, businesses, healthcare organizations, first responders, and community groups throughout Texas.

CONTACT US:



www.legendartherapytx.com



legendartherapytx@gmail.com



956-998-3935

LET'S STAY CONNECTED

Thank you for taking the time to learn more about Legendary Therapy. I recognize that referring a client is an act of trust. Whether you're a physician, attorney, educator, executive coach, healthcare provider, or community leader, I sincerely appreciate the work you do each day to support the individuals and families you serve.

My commitment is to honor that trust by providing compassionate, evidence-based, and individualized care while fostering meaningful collaboration with the professionals who entrust me with their referrals. I believe the strongest communities are built when professionals work together with a shared purpose, to help people heal, grow, and thrive.

Whether our paths cross through a single referral, a staff training, a community presentation, or a long-term professional partnership, I would be honored to work alongside you.

Thank you for making a difference in the lives of others.
I look forward to connecting with you.



CONTACT

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