

LANTERN LANE FARM



Where Healing Happens

Jason is very compassionate about helping people with addictions, anxiety, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), depression, relational conflicts, and behavioral problems. Jason received his Master of Arts degree in Counseling from Trevecca Nazarene University in 2012. Helps individuals with addiction, PTSD, compulsive behaviors, trauma, relational conflict, and depression. He promotes a safe, non-judgmental, and supportive environment utilizing a variety of therapeutic interventions including Cognitive Behavioral, Transactional Analysis, Solution Focused, and Mindfulness-based Techniques.

Jason is a volunteer fire-fighter for the city of Mt. Juliet which furthers his genuine desire to help other first-responders in coping with daily stress and trauma.



Jason also holds a Bachelor's of Science degree in Health and Wellness from S.U.N.Y. Buffalo, where he developed a passion for helping individuals attain wellness through personal training. Jason promotes healthy living through healthy eating habits and fitness. He enjoys spending time with his family, including Crossfit with his wife, and watching his daughter cheer and his son play baseball.

Hours of Operation (By Appointment)

DAYS	HOURS
Monday	9:00am - 8:00pm
Tuesday	9:00am - 8:00pm
Wednesday	9:00am - 8:00pm
Thursday	9:00am - 8:00pm
Friday	9:00am - 8:00pm
Saturday	9:00am - 8:00pm
Sunday	CLOSED

Lantern Lane Farm is a 501(c)(3) non-profit counseling center located just outside of Nashville, Tennessee.

Our Mission is to provide restorative and compassionate care to those who need spiritual, emotional, and physical healing through traditional and equine-assisted counseling services in a peaceful, countryside setting.

We provide services on a sliding fee scale based on your total household income. We are committed to making services available to all, so that no one is ever turned away because they cannot afford therapy.

Jason Pawlik, LPC-MHSP
Licensed Professional Counselor

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