

# Karen Trivett, LPC, MAEd.

*I am a Licensed Professional Counselor with over 16 years of experience working in the helping field. I am experienced in providing therapy to children, adolescents, adults, families, and couples. I am passionate about holistic healing and want to work with my clients to discover their inner strength. I will help my clients work through anxiety, depression, relationship/marital difficulties, grief & loss difficulties, parental separation/divorce, trauma/PTSD, suicidal ideation/self-harm, peer relationship and social skills difficulties, ADHD, and behavioral Issues.*

*I understand the challenges that individuals and families are facing and use mindfulness based treatments, stress management, CBT, as well as offering clients insight into the power they have to help themselves. I encourage clients to recognize their inner strength and use that strength to improve the quality of their life and relationships.*