



Powell Counseling
Center, PLLC

Holly Williams, LCSW

“The truth is that falling hurts. The dare is to keep being brave and to feel your way back up.” – Brené Brown

Holly Williams is a Licensed Clinical Social Worker who believes that every individual has a unique and powerful story to tell. She is passionate about creating a safe, supportive, and nonjudgmental space for clients to explore that story—especially when it’s filled with anxiety, grief, trauma, stress, or challenges related to substance use.

With over 12 years of experience working with adults, teens, and children across a variety of settings—including the criminal justice system, community mental health, outpatient clinics, and in-home services—Holly brings both depth and flexibility to her practice. She specializes in alcohol and drug counseling and currently works with clients ages 6 and up.

Holly utilizes evidence-based approaches such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), person-centered therapy, strengths-based interventions, and play therapy. She is currently expanding her skills through training in EMDR (Eye Movement Desensitization and Reprocessing) and ERP (Exposure and Response Prevention) to better support clients seeking specialized trauma and OCD treatment.

Clients working with Holly can expect a personalized, collaborative treatment experience. She firmly believes that her clients are the experts on their own lives—and she’s honored to walk alongside them as they find their way forward.