



Powell Counseling
Center, PLLC

As a therapist, I offer compassion, kindness, open mindedness, and a gentle heart. I incorporate a holistic approach with an emphasis on cognitive behavioral therapy (CBT) and Dialectical Behavioral Therapy (DBT). By putting my clients' needs first, I help them set their own achievable goals. I am dedicated to helping teens and adults achieve their life goals and to help them find a path to a more productive and satisfying life.

I have a Master of Science degree in Clinical Mental Health Counseling from Carson-Newman University, and Bachelor of Arts in Psychology with a minor in Human Development and Family Sciences from East Carolina University. I worked with adolescents and adults in an intensive outpatient program. I have experience in both group and individual therapy. As a Masters level Clinical Mental Health Counselor in Tennessee, I practice under the supervision of a Licensed Clinical Mental Health Counselor Supervisor.

My counseling services address concerns or issues including, but not limited to:

- Depression, anxiety, bipolar disorder, borderline personality disorder
- Self-esteem, and self-image
- Trauma, grief and loss
- Developmental and life transitions, including divorce
- Managing and coping with emotions
- Occupational burnout

You may be at a crossroads, or experiencing depression, anxiety, mood swings, or grieving a loss. It would be my privilege to work with you.

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