



Powell Counseling
Center, PLLC

Sydney Basler, LPC-MHSP

Background

Sydney's experience in the mental health field includes conducting individual therapy in the outpatient mental health field since January 2023, DBT IOP with adolescents, and advocacy work with sexual assault survivors. Sydney enjoys working with all ages. Sydney has experience working with preschool aged children, elementary aged children, adolescents, adults and couples.

Although Sydney really enjoys working with a variety of needs, she has a passion for helping individuals struggling with symptoms of OCD, women struggling with infertility, individuals and couples navigating the transition to parenthood, mothers who may be navigating postpartum depression or anxiety, individuals struggling with self-harm and/or suicidal ideation, individuals experiencing symptoms of anxiety and/or depression and children/adolescents who are navigating familial transitions.

My Approach

Sydney utilizes a holistic approach with Cognitive Behavioral Therapy, Dialectical Behavioral Therapy and mindfulness being the primary treatment modalities utilized.

Credentials

Sydney earned a Master of Science in Clinical Mental Health Counseling from Carson Newman University. Sydney is currently a Licensed Professional Counselor/ Mental Health Service Provider in the state of Tennessee.