



Powell Counseling
Center, PLLC

Emily Aycock, Counseling Intern

As a former college athlete, I know firsthand the intense pressure to perform, and the powerful impact mental health can have on every aspect of life. Those experiences shaped my passion for breaking the stigma around mental health and creating a space where people feel truly seen, heard, and supported.

I believe that everyone deserves a safe, nonjudgmental place to explore both their struggles and their strengths. My goal is to empower clients to prioritize their mental well-being, build resilience, and develop a deeper understanding of their emotional needs.

As a new therapist, I'm currently expanding my clinical expertise through an eclectic approach that draws from person-centered therapy, dialectical behavior therapy (DBT), and mindfulness practices. I strive to walk alongside each client as they navigate their own path toward healing, growth, and self-discovery.

My hope is to create a supportive environment where you feel safe to explore your thoughts, feelings, and experiences—and to know you don't have to face life's challenges alone.