



Powell Counseling
Center, PLLC

Sydney Basler, MS, MBA

Background

Sydney's experience in the mental health field includes conducting individual therapy in the outpatient mental health field since January 2023, over a year of experience working with sexual assault survivors, over a year of experience working in a DBT IOP facility with teens and over two years working in the group practice setting.

Sydney enjoys working with all ages. Sydney has over seven years of experience working with adolescents, over five years of experience working with preschool aged children and two years of experience working with elementary aged children.

Although Sydney likes to work with a variety of needs, she has a passion for helping women struggling with infertility, individuals and couples navigating the transition to parenthood as well as mothers who may be navigating postpartum depression or anxiety.

My Approach

I utilize 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 pre-licensed clinician who practices under the supervision of our licensed providers, Ashley Arriola and Kayla Tatum-Sharp. Sydney also completes supervision for licensure regularly with a certified supervisor, Jennifer Moralejo, outside of our agency.

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