



Powell Counseling  
Center, PLLC

**Henley Smith, MS**

Populations & Presenting Concerns/Issues

I have a strong passion for working with queer and neurodivergent adults. I also have experience working with adults who hold the following diagnoses/experiences:

- Anxiety
- Depression
- ADHD
- Autism
- Bipolar Type 1 and 2
- PTSD
- Grief/Loss
- Trauma
- Cycles of Shame/Guilt
- Identity Exploration
- Minority Stress/Oppression
- Adjustment Issues/Navigating Life Changes
- Survivors of Abuse/Neglect
- Chronic Illnesses
- Financial Stress/Resource Insecurity
- Academic/Career Struggles
- Difficulties with Self-Care
- Relationship Struggles
- Isolation/Loneliness

Background & Credentials

I graduated from the University of Tennessee - Knoxville with my Master of Science in Clinical Mental Health Counseling in 2022. During graduate school I completed my practicum and internship experiences with the Counselor Training Clinic at UTK, providing individual and group counseling services to university students from a broad array of backgrounds and with a variety of presenting concerns. After graduation, I worked with the UTK Center for Care



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and Resilience as a Care Coordinator in which I provided case management services to UTK students, helping them connect to resources, establish and meet their goals and recover from/cope with moments of distress. I am new to the Powell Counseling Center team, and I am excited to start this new chapter of my career! Prior to joining the UTK community, I graduated from Mississippi State University with a Bachelor of Arts degree in Anthropology with a concentration in Archaeology in 2013. Over the past 10.5 years I have worked in a variety of fields in 17 states and two countries. The lessons I learned have combined with my life experiences to grant me a strong appreciation for the complexity of human existence, the beauty and importance of cultural diversity, and the strong impact of systems of privilege and oppression within our societal systems. In my spare time, I enjoy hiking, amateur woodworking, painting, drawing, exploring new local parks with my dog, gardening, baking, and spending quality time with my partner. I have a deep love of nature and creativity and may bring in art-based activities and potentially a plant or two to our counseling sessions.

### Approach

My therapeutic orientation is still developing, but at present I see myself as being based in multicultural/feminist, existential, relational cultural, and narrative theoretical approaches. Generally, this means that I seek to understand the impacts of systems of privilege and oppression present in our society on individuals and groups, am committed to improving my knowledge of cultural identities and practicing cultural humility, understand that suffering is an inherent part of life from which we can draw deep meaning and growth, and that we are each the author of our own life stories. I genuinely believe that clients are the experts on their own lives (I will never know more



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about you than you do yourself), and I approach counseling in a collaborative manner with clients. I will meet you where you are at, and we can walk through the journey of addressing your concerns together. I strive to be authentic and genuine in all my interactions in the hopes of creating a safe counseling space where clients know they are held in respectful and unconditional positive regard.