



Powell Counseling  
Center, PLLC

Life's challenges and relational conflict can often leave us feeling weighed down or stuck. It can be overwhelming to navigate these issues on your own, so my goal is to walk with you while you find the tools that help you navigate these challenges. My hope is to create a space where you will feel empowered to know that you have the tools to begin to navigate these challenges.

As a counseling intern, I would be honored to walk with you as you navigate various concerns in your life. I aim to create a space where you will feel heard and supported in a compassionate and non-judgmental environment. I will tailor our time together to create a treatment plan that is unique to your specific needs. Although I like to work with a variety of needs, I have a passion for helping women struggling with infertility as well as new mothers who may be navigating postpartum depression or anxiety.

I enjoy working with teens and have over five years of experience working with adolescents.

I utilize a holistic approach with Cognitive Behavioral Therapy being the primary theoretical lens.

My experience in the mental health field includes over a year of experience working with sexual assault survivors and over a year of experience working in a DBT IOP facility with teens.

Beginning therapy can seem scary, but every small step moving forward is progress towards meeting our greatest selves. My goal is to create a space where you feel comfortable exploring your goals, needs and strengths. Please feel free to call or email me to see if I might be a good fit for your needs!

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