



Powell Counseling
Center, PLLC

Peggy Johnson, LPC-MHSP

I am passionate about helping people heal from the pain of their pasts, find joy in the present, and renewed hope for the future. I know what it's like to feel as though the emotional pain you're experiencing will never go away and that no one can possibly understand what you're going through. I know what it's like to see everyone around you seeming to have it all together and to feel like you're barely hanging on. I also know what it's like to journey through all of that and come out the other side. There is a light at the end of the tunnel. That light is *you*.

One of my favorite quotes is this one from Brené Brown: "Only when we are brave enough to explore the darkness will we find the infinite power of our light." Now, you may be thinking, "that's all well and good, but I'm not brave." If you've read this far, there is bravery in there somewhere! I can help you find it, and am brave enough for both of us until you do.

My Specialty

I specialize in trauma, working with survivors of child abuse, and survivors of sexual trauma. I also see people who are struggling with anxiety, depression, obsessions/compulsions, explosive anger, grief, relationship issues, sexuality, and life transitions. I am experienced with and welcome working with military veterans and first responders.

My Approach

My counseling style is person-centered and grounded in psychodynamic theory. This means that I am interested in how the past influences emotions, behaviors, and beliefs, and that my role as a counselor is to help you find solutions to your struggles that already exist within you. I also believe that we store memories of our experiences in our bodies, whether or not our minds are able to remember them.

I work primarily with a combination of somatic and cognitive techniques. I have been trained in sensorimotor psychotherapy, which is a body-oriented talking therapy developed by Pat Ogden. It is a blend of cognitive and emotional approaches, verbal dialogue, and physical interventions to address the neurobiological effects of trauma (Ogden, 2002; Fisher 2003). Rather than focusing on the story, I focus on how the body interpreted the information and how that has affected your beliefs about yourself and the world around you, as well as its effects on your emotions and behaviors.

Somatic techniques are not right for every client, which is why I offer other techniques to best meet your individual needs. Some of these techniques include Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), solution-focused techniques, and mindfulness.



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Services & Fees

I provide individual counseling for adults only (age 18+).

Finding the right therapist can be challenging, which is why I provide a FREE 15-minute telephone consultation to give you an opportunity to learn more about me and my methods. This is also a time for me to find out what is bringing you counseling and to see if I might be able to help you. During our initial phone call, we will also discuss payment options, including use of insurance. All co-pay/co-insurance payments are due at the time of service and payable by credit/ debit card.

In addition to insured clients, I also accept private pay clients. My fee is \$150 for the initial 60-minute intake appointment, and \$125 for subsequent 50-minute sessions. I am able to offer reduced fees on a limited basis, dependent upon client need and my availability. If you believe you need reduced fees in order to participate in therapy, please discuss this with me *prior to scheduling your first session*.

Credentials

I earned a Master of Arts (M.A.) in Clinical Mental Health Counseling from Regis University in Denver, Colorado and a Bachelor of Science (B.S.) from SUNY College at Brockport in Brockport, New York. I have completed Level 1 training in Sensorimotor Psychotherapy, which is a technique for processing traumatic memories stored in the body. I have also been trained in Trauma Focused Cognitive Behavioral Therapy, a technique designed for children and adolescents who have experienced trauma. Additionally, I spent two years with the Wings Foundation in Denver, CO facilitating a weekly support group of adult survivors of childhood sexual abuse and where I received training in providing trauma-informed care. I am a Licensed Professional Counselor (LPC) in both Colorado and Tennessee and also hold a Mental Health Service Provider (MHSP) endorsement in Tennessee.

Licenses may be verified using my full legal name: Margaret Keeley Johnson

- State of Tennessee: LPC-MHSP #4118 (exp. 12/28/23)
- State of Colorado: LPC #16307 (exp. 08/31/23)