



Corinne Applegate, MA, LPCC

I am a Licensed Professional Clinical Counselor who has been supporting children, adolescents, and adults with mental health needs for over ten years. My approach to counseling is relationally-based with a focus on treating the whole person – your combined biological, psychological, social, and spiritual background. I believe the relationship between client and therapist is what leads to positive change and healing. The *relationship* is the intervention, more so than the type of therapy used.

Many individuals entering therapy have experienced life circumstances that make it difficult for them to form or keep relationships. They may not know what it is like to feel safe – physically, emotionally, socially -- on a consistent basis. I will meet you where you are at. I will provide a space to feel safe, heard, and understood. Together, we will explore what is challenging AND reflect on your strengths. We will work as a team to identify what is getting in the way of your quality of life and develop a plan to overcome those barriers.

I have had the privilege of supporting individuals with a wide range of counseling needs; including depression, anxiety, relationship issues, parenting, life adjustments, perinatal mood and anxiety disorders (occurring during and after pregnancy), eating disorders, grief & loss, and complex trauma.

Some people find that participating in brief counseling provides what they need to regain quality of life, while others find they have many challenges to work on over an extended period of time. Either way, I will consistently offer supportive feedback, tools, and recommendations. As you accept this support and apply it in your daily life you will likely feel encouraged, less burdened, with the life you want closer in reach. I invite you to take the first step and look forward to joining you on this journey!