

Counseling Professionals, PLLC

Abigail H. Garabrant, MEd NCC LCMHCA



Contact Information

Address: 18 W Colony Pl Ste 110, Durham, NC 27705

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Phone: (919) 904-4027

Hours: Tuesday: 7 AM to 2 PM; Wednesdays & Thursday: 2 PM to 8 PM; Saturday & Sunday: 10 AM to 2 PM

Experience Areas and Focus

Age Focus 12 to 70

Individual, Couples

Working with: Anxiety, Self-esteem, Relationships, Trauma & PTSD, Spirituality & Religion

Rates and Insurance Coverage

I take BCBS (But Not Local, Home, or Value). Please check for the latest panels.

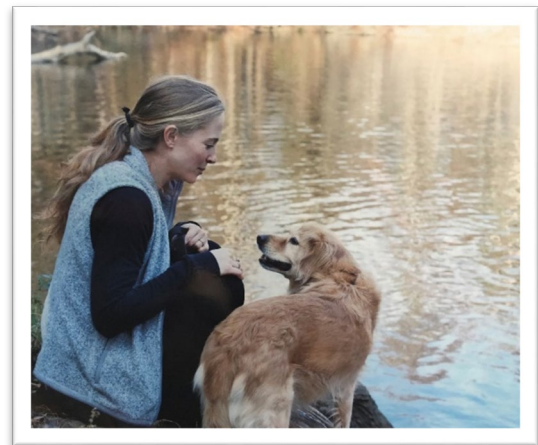
Out of network rate: \$100.00

Discounted Rate for special situations: \$50.00

Personal Statement

Throughout our lives, in response to cultural, social, and internal pressures, we develop ways of thinking and being that are not beneficial to us. My role is to help you identify elements of your life that you would like to change and support you as you work to make those changes.

You are the expert on your life, and it is my job to be a partner to you as you reflect on your experiences and goals. I will listen, empathize, provide feedback, and offer techniques and ideas to support you. I want to help you understand yourself more deeply and use that knowledge to improve your life today and in the future.



Counseling Professionals PLLC
HQ: 7406 Chapel Hill Rd Ste J
Raleigh, NC 27607-5039



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