

Counseling Professionals, PLLC



Christine Wilson MS NCC LPC

- Ideal Clients:** Individuals ages 18 and older, emerging adults
- Specialties:** Depression, Anxiety, Relational Conflict, Mood Disorders, Adjustment, Life Balance, Career, Coping Skills
- Insurance:** Blue Cross Blue Shield (Not Value or Local), Cigna, Medcost, Aetna
- Rates:** \$60-\$120 (Sliding Scale and Low-cost Possible)
- Office Hours:** Thursday 9 am-2pm and Sundays 1 pm to 4 pm
- Phone:** (919) 438-3602
- Email:** ChristineWilson@CounselingProfessionalsPLLC.com

Personal Statement:

I believe in people's best selves. As a therapist, it is my job to figuring out strategies and paths to live a life that brings joy and meaning. We all get bogged down and need help sometimes. Expectations, social pressures and daily life stressors can cause us to lose sight of what truly makes us happy and whole. I am passionate about helping others to not just survive the stressors but begin to build from overcoming those stressors. I have experience working with a wide variety of issues including depression, anxiety, panic attacks, mood disorders, personality disorders, life transitions, relational conflicts, self-esteem and emerging adult adjustments.

My approach to working with people is always unique and draws on different tools to best serve my clients. I draw primarily from Cognitive Behavior Therapy, Dialectical Behavior Therapy and Acceptance and Commitment Therapy. I approach wellbeing holistically and strive to build a safe and nonjudgmental space for growth. Some interventions I may use include expanding mindfulness practices to increase awareness of thoughts, feelings and patterns of behavior. I strive to understand where and how to make more effective changes. Together we can create long lasting changes that promotes your individual needs and emotional wellbeing. I look forward to hearing from you if you are interested in working with me.

