

Counseling Professionals, PLLC

Bianca Glaze Smith MSW LCSWA



Contact Information

Address: 608 W Johnson St Ste 5, Raleigh, NC 27603

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Phone: (919) 299-1003

Hours: Monday to Wednesday 5:30 PM to 9:00 PM; Saturday & Sunday 4:30 PM to 8:30 PM

Experience Areas and Focus

Age Focus: 14 to 99

Individual

Working with: Anxiety, Coping Skills, Depression, Life-Balance, Life Coaching, Life Transitions, Peer Relationships, Self-Esteem, Racial Identity, and Women's Issues

Rates and Insurance Coverage

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

Out of network rate: \$120.00

Discounted Rate for special situations: \$60.00

Personal Statement

My passion is helping people become and maintain being the best versions of themselves. I achieve this by creating a safe, supportive and empowering environment for all clients. My approach to therapy is collaborative, and my goal is to assist you in developing and utilizing adaptive coping skills; whilst working towards your goals.

Whatever your needs may be, I am here to offer support. Therapy is a process of growth and self-discovery, and in my sessions, I aim to create a healthy rapport with clients free of bias & judgment. I will always validate your concerns/insight; though at times I may extend alternative recommendations. I approach the therapeutic method as a powerful opportunity for clients to cultivate change in their lives. I create a compassionate and accepting therapeutic environment where clients can feel safe to explore enhancing their individual and interpersonal growth.

