

Counseling Professionals, PLLC

Casey Kenny, MA LCMHCA



Contact Information

Address: 808 Salem Woods Dr Ste 104, Raleigh, NC 27615-3345

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Hours: Monday 9:00 AM to 1 PM, 7:00 PM to 8:00 PM, Wednesday

4:00 PM to 6:00 PM, Thursday 7:00 PM to 8:00 PM, and Friday

9:00 AM to 12 noon

Experience Areas and Focus

Age Focus 3 to 11

Individual, Family, Group

Working with: Anxiety, Self-esteem, Family conflict, Divorce, Trauma, ADHD, Depression, Behavioral issues

Rates and Insurance Coverage

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

Out of network rate: \$100.00

Discounted Rate for special situations: \$25.00

Personal Statement

“Birds fly, fish swim, children play.” - Garry Landreth, leading expert in play therapy

As a trained play therapist, I work with children (ages 3-11) with adjustment issues, anxiety, depression, ADHD, behavioral issues, self-esteem, trauma, and interpersonal/family conflict. I believe the best way to help children navigate these tough waters is not through traditional talk therapy, but through their natural form of communication...play! Decades of research tell us play therapy is an evidence-based, developmentally-appropriate approach to help children with emotional and behavioral concerns. I create a safe environment for children to explore their issues with specialized techniques and specially selected toys.

I also know while parenting can be the most rewarding job in the world, it can be one of the hardest. Over time I believe by us working together as a parent-therapist team, your child and family unit can achieve many of the goals you have. I will listen to your thoughts, concerns, and hopes while providing a safe, NON-JUDGMENTAL environment to explore the issues your child and family may be facing. We will work together as a team to build and reinforce parenting strategies to use at home. To help your child learn to be the best version of themselves, to build on your strengths as a parent, and to learn how to create more peace in your family, contact me. I will work with you and your child to progress towards these goals and more. Thank you and I look forward to working with your family.



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Last Updated 03/02/2020