

Counseling Professionals, PLLC

Luz Koser, MS LCMHC



Contact Information

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Phone: 919-443-0805

Hours: Monday to Friday: 10 AM to 5 PM

Experience Areas and Focus

Age Focus 8 to 80

Individual, Couples

Working with: Anxiety, Depression, Trauma/PTSD, Self Esteem, Life Transitions, Relationships

Rates and Insurance Coverage

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

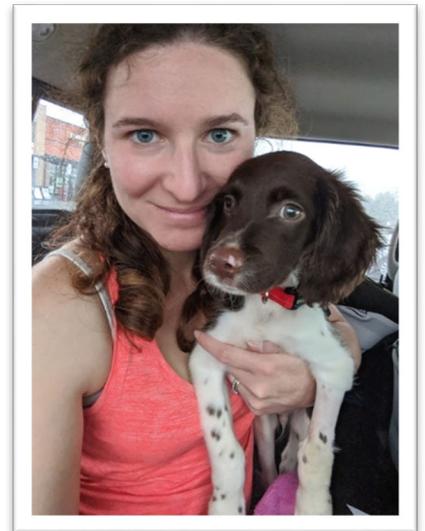
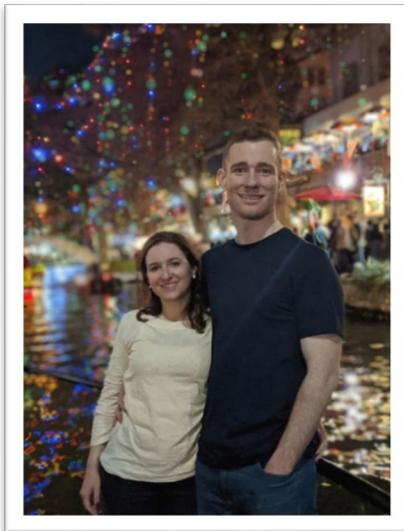
Out of network rate: \$100.00

Discounted Rate for special situations: \$60.00

Personal Statement

Life is a set of twists and turns that hides pattern that could lead to living easier if discovered. Making the decision to start therapy is a step towards awareness. We are at our most vulnerable when we decide to seek help, but that action is the action to instigate change. My role as a therapist is to provide support, understanding, encouragement, respect, and empathy, while allowing you to discover your own personal self-worth in a safe and judgment-free space. In our sessions, we will focus on learning about the impact that thoughts have on feelings and behaviors, we will work together to identify your strengths to help you make the changes you've been wanting to make, and we will work towards achieving your goals by developing coping skills and self-awareness.

I am a bilingual therapist (English/Spanish) who specializes in treating children, adolescents, and adults struggling with issues related to past trauma, anxiety/stress, depression, family or peer relationships, low self-esteem, and life transitions. My therapeutic approach draws on several counseling theories and evidence-based treatments, such as Cognitive Behavioral Therapy, Solution Focused Brief Therapy, Dialectical Behavior Therapy, Trauma Focused CBT, and Cognitive Processing Therapy. My style is collaborative and compassionate, and I tailor my approach to meet the moment and where you stand in the moment. It is my belief that the therapy sessions belong to you, the client, and my job is to be there to help you in your journey of healing, self-discovery, and self-realized purpose in your life path.



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