

# Counseling Professionals, PLLC

*Sam Simon MA.Ed., LCMHCA, NCC*



## Contact Information

Address: 7406 Chapel Hill Rd Ste J, Raleigh, NC 27607-5039,  
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Phone: (984) 355-0422

Hours: Thursday: 1:00 to 8:00 PM; Friday & Saturday: 9:00 AM to 8:00 PM

## Experience Areas and Focus

Age Focus 13 to 65

Individual, Couples

Working with: anxiety, depression, LGBTQIAA+ population, life transitions, career concerns

## Rates and Insurance Coverage

Currently working on insurance credentialing.

Out of network rate: \$100

Discounted rate for special situations: \$60

## *Personal Statement*

I believe that it is a privilege to hear the stories of my clients. Everyone needs help or support once in a while. Let me be the tool that helps you get to where you want to be. I am a solution-focused therapist who believes you know what's best for you and your life. Sometimes we just need a third-party to work through our thoughts and give an unbiased outlook. Ask yourself: How long have you been dealing with this issue? How long have you wanted this problem to go away? How bad does it need to get before a change is made? Let's work on this together. You are not alone.

I specialize with those in the LGBTQIAA+ community, and got into this field to help those that are under-served and marginalized. I believe in the mind and body interaction, therefore incorporating somatic response work, art therapy, and meditation/mindfulness techniques into my practice. It gets hard sometimes, life is complicated, and sometimes we feel as if we are not understood. Let me listen and understand- and help you along your personal journey, wherever that may be.



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Last Updated 05/13/2020