

# Counseling Professionals, PLLC

## Taccara Williams MA, LCMHC-A, QP



### Contact Information

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Hours: Monday: 12 Noon to 7 PM; Tuesday to Thursday: 8 AM to 4 PM; Friday: 8 AM to 2 PM; Saturday: 11 AM to 5 PM

### Experience Areas and Focus

Age Focus 6 to 99

Individual, Group

Working with: Psychosis, Anxiety, Depression, ADHD, Trauma in Children, Life Transitions

### Rates and Insurance Coverage

I take in the credentialing process. Please check for the latest panels.

Out of network rate: \$120.00

Discounted Rate for special situations: \$60.00

## *Personal Statement*

Life comes at us fast and, unfortunately, does not stop to allow us time to process and adjust to the changes. We are expected to go with the flow and continue life as normal but, how can we? How do you adjust to a new normal without taking the time to process the events that led you to this moment in your life? Although it is possible to continue life adjusting to its changes, processing the events along the way makes it much easier.

Life may not give us roadmaps to navigate the many ups and downs it hands us, but I can help create an empowering space that allows you to create the map that works best for you. Imagine having a space to express yourself completely and honestly then having someone to be there with you as you organize a new path on your roadmap. Every journey has a beginning, so that is exactly where we will start, from the beginning of your journey. There are many factors of our past that affect our present, and sometimes even future, without us realizing it. This journey will not be easy, but the destination of reaching your goals will be worth the hard work.

