

# Counseling Professionals, PLLC

## *Kirsten Newell-Marino, MEd LCMHCA NCC AAT-I*



### Contact Information

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Hours: Tuesday 7 am to 12 pm, Tuesday and Wednesday from 1 pm until 7 pm, and Saturdays between 12 pm until 5 pm

### Experience Areas and Focus

Age Focus 9 to 99

Individual

Working with: anxiety, depression, self-esteem, stress, trauma/PTSD, codependency, parenting, infertility, chronic illness/pain, ADHD, OCD, and family conflict

### Rates and Insurance Coverage

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

Out of network rate: \$140

Discounted Rate for special situations: \$60

## *Personal Statement*

I have always had an interest in how our minds, bodies, and spirits are connected and what happens when an imbalance is present. I enjoy restoring balance in "the system," as a whole. I believe that as a part of the world and universe in which we live, that we are all, interconnected and operate as a part of a "dynamic system." As part of the human condition and simply "being alive," we all struggle and experience pain in our lives. We may become "stuck," and then default to learned and automatic thoughts and behaviors that oftentimes are not helpful and hinder the success that many of us crave. Without a sense of self-awareness or insight, we may feel that we are being "tossed around" in the sea of life, being pummeled by wave after wave, leading us to feel helpless and alone.

I will support you on your path of healing and personal growth in an accepting, warm, supportive, safe, and caring, environment. We will work together towards coming to a place of acceptance of self, others, and life's experiences, both past and present. As you move through self-exploration and towards self-awareness, acceptance, and inner-balance, I will help you in establishing and realizing your goals that will potentially lead to a sense of empowerment, peace, and the experience of overall, well-being and connection. I have a background in meditation, yoga, animal-assisted therapy, CBT, DBT, and EMDR, and I have recognized that many individuals have found great success with the tools that these interventions provide. I look forward to working with you if you choose to work with me.



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