

Counseling Professionals, PLLC



Lindsay Register LCSW-A

Ideal Clients: Women and girls, transgender individuals, those questioning their identity

Specialties: Anxiety, Depression, Trauma, Eating Disorders, Self-Esteem, Life Balance

Insurance: Blue Cross Blue Shield (Not Value or Local), Medcost

Rates: \$60-\$120 (Sliding Scale and Low-cost Possible)

Office Hours: Wednesday and Thursday 10 am to 8 pm

Phone: (919)205-0882

Email: LindsayRegister@CounselingProfessionalsPLLC.com

Personal Statement:

I have a passion for assisting individuals with finding creative and holistic paths to healing. I want to honor your uniqueness in the therapy process. I believe that we all can build healthy and fulfilling lifestyles that are reflective of our own personalities. I want to help you discover your best self for you through reflection, mindfulness, and self-care. These are vital practices that are not often taught in our busy and hectic society. To take the time to care for yourself and discover what you need as an individual is a radical act that requires effort and support. Let's work together on your journey, with your goals and concerns guiding every therapeutic intervention.

As your therapist, I can create a safe and supportive environment to empower you to envision your purpose and like your path. I utilize mindfulness, values work, and cognitive approaches to assist you in your journey. We will work together as a team, finding your voice, and identifying your strengths. I hope to assist you in creating space for questions, finding certainties, and building comfort. Too many of us live our lives avoiding, it's time to live life to the fullest. I look forward to getting to know you and being a part of the process for you to build the best version of yourself.

