

Counseling Professionals, PLLC

Michael Burroughs, LCSW



Contact Information

Address: 18 W Colony Pl Ste 110, Durham, NC 27705
Email: mburroughs@counselingprofessionalspllc.com
Phone: (984) 205-8080
Hours: Monday to Friday 5 PM to 8 PM, Saturday 9 AM to 4 PM

Experience Areas and Focus

Age Focus 18 to 100
Individual, Group
Working with: Anxiety, Depression, Substance use, Trauma, Bipolar disorder

Rates and Insurance Coverage

I take BCBS (But Not Local, Home, or Value). Please check for the latest panels.
Out of network rate: \$100.00
Discounted Rate for special situations: \$50.00

Personal Statement

I would be honored to join you on your journey of growth. I have been working in the field of mental health and substance abuse treatment for 25 years. I know some things about treatment, but I believe that you are the expert on you. I believe that therapy should be an experience where you are, and you feel like, you are in the driver's seat. I hope to help you explore what brought you in to therapy so that you can not only gain insights, but also so that you can explore what options you have in responding to challenging life events, past or present. Therapy is about change, and change can be difficult. I hope to help you explore all your thoughts and emotions as they relate to making changes in your life, so that you can make decisions you are comfortable with and achieve your goals.

I have experience working with those that have struggled with anxiety, depression, substance use, bipolar disorder, psychotic disorders, challenges in relationships and life changes, experiencing trauma and more. I believe therapy should be brief. My job is to help you get what you need to effectively respond to the challenge that brought you to therapy, but also learn the skills needed long term for any future challenges.

