

Counseling Professionals, PLLC

Paige Holmes M.Ed, LPCA, NCC



Ideal Clients: Individuals ages 5 - 35

Specialties: Young Adult Adjustment, Life Balance, Depression, Child Therapy, Coping Skills, School Stress, Career Counseling, Chronic Illness, Self Esteem, Anxiety

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

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

Office Hours: Mondays, Tuesdays, and Thursdays 9:30am to 6:00pm
Fridays 12pm to 3pm.
Weekend appointments are available upon request

Phone: (984) 223-0061

Email: PaigeHolmes@CounselingProfessionalsPLLC.com

Personal Statement:

The world can be such a loud, chaotic, unpredictable place. Life can knock us to the ground and then lift us up to the highest of highs. None of us are immune to pain, but this is of course what makes us human. If you choose to work with me, and I hope you do, I will be here for you as a strong member of your support system. I will be someone who can encourage and empower you to manage life's ups and downs.

My counseling approach is person-centered and integrative, and I have a wide spectrum of experience. I enjoy working with young adults in transitions; clients overcoming anxiety, grief, and depression; persons with chronic illness/chronic pain; among others. I practice child therapy, lead college and graduate women's groups, and provide career counseling to help clients in multiple areas of their lives. I often integrate mindfulness and ecotherapy (if desired by the client) into my work, because I believe everyone could benefit from tools to combat stress, breathe deep, and feel calmer. I care about helping you or your child reach a state of holistic well-being, work towards personal goals, and build self-compassion to thrive.



7406 Chapel Hill Rd
Raleigh, NC 27607



PaigeHolmes@CounselingProfessionalsPLLC.Com
www.CounselingProfessionalsPLLC.com