Bio for Hydee

I'm a Licensed Mental Health Counselor with years of experience. I've volunteered with several community agencies in the past in the areas of domestic violence, trauma, and family dynamic including improving familial relationships and communication. I have experiencing working with children, adolescents, adults and families in regard to mental health issues, trauma, domestic violence, substance abuse, parenting, marital/family conflict, stress management, school issues, communication, self-esteem in a healthy way using a cognitive behavioral approach.

I'm proficient in treating Depression, Anxiety, Bipolar, Schizophrenia, PTSD, relationships, self-esteem, couple/family conflict, Trauma, Eating Disorders, Stress Management and Coping Skills. I can work with individuals, children, adolescents, and families.

I utilize different techniques that are appropriate to the client/situation while still providing a therapeutic environment. I utilize cognitive behavioral therapy, rational emotive behavior therapy, and solution-focused therapy to help clients work through obstacles/difficulties to help clients improve their well-being.