



# **Lynnsey Worrell, QMHP**

## **Behavioral Health Clinician**

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### **Education and Certification**

Masters of Science in Mental Health Counseling and Bachelor of Science in Psychology from Mississippi College. I'm a Nationally Certified Counselor (NCC) by the National Board for Certified Counselors.

### **Specialization**

I work primarily with adults 18+ who have a variety of treatment needs.

### **My Treatment Philosophy**

I practice from an integrated care model. I tend to tailor the interventions I use to meet clients where they are at and their needs. I conceptualize clients from an Internal Family Systems therapy framework. I view individuals as made up of "parts" that all work together and function as a whole, working to get one's needs met.

### **A little bit about me...**

I love spending time with my family and friends, nature walks, listening to music, and reading. I also love to watch South Korean dramas on Netflix.

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