



Lucinda Carey, MS, QMHP

Behavioral Health Clinician

Education and Certification

Bachelor's degree in psychology from Columbia College. Master's degrees from Walden University in Psychology and Clinical Mental Health Counseling, with a minor in Marriage, couples, and family counseling.

Specialization

I enjoy working with all clients but have a special interest in families, couples, and trauma work.

My Treatment Philosophy

I have a client-centered approach for my treatment philosophy. I want my clients to know that this is a safe space for them, but believe the therapeutic alliance is a working relationship between the clinician and client. My approach in counseling is varied based on client need, but a few of the theoretical approaches I gravitate towards often are integrative theoretical approaches for families/couples, along with cognitive behavioral therapy and dialectical behavioral therapy for individual clients.

A little bit about me...

In my free time, I enjoy a variety of hobbies including photography, music, and writing. I also enjoy weightlifting, being a mom, spending time with family/friends, and binge-watching my favorite shows.



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