



# **Lucinda Carey, MS, QMHP**

## **Behavioral Health Clinician**

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### **Education and Certification**

Two Master's degrees from Walden University with one in Psychology and one in Clinical Mental Health Counseling.

### **Specialization**

I enjoy working with all clients but have a degree specialization in doing Marriage, couple's, and family therapy.

### **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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