



Alexis Rutishauser

M.Ed, QMHP

CST Supervisor

Education and Certification

Masters of Education-Student Development from Western Carolina University. Bachelors degree in Sociology and Family, Health, and Disability Studies from the University of Wisconsin-Whitewater.

My Treatment Philosophy

My counseling therapy is rooted in the belief that true healing comes from understanding and nurturing the whole person. I use Behavioral Therapy, Cognitive Behavioral Therapy (CBT), and Psychodynamic Therapy to help you create meaningful change. We can work to shift unhelpful behaviors, challenge negative thought patterns, and explore how your past shapes who you are today. My goal is to support you on your unique journey toward growth and well-being in a way that feels authentic and empowering for you.

A little bit about me...

I Enjoy a good book, trying out new recipes, watching documentaries, spending time outdoors, and always finding reasons to laugh.



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