



Takesha Brooks, MA

Behavioral Health Clinician

Education and Certification

Master of Arts in Clinical Mental Health
Counseling from Judson University.

My Treatment Philosophy

I take a collaborative approach to therapy, where I serve as both a guide and a witness in the healing process. My goal is to create a supportive, nonjudgmental space that encourages exploration, while also gently challenging clients to grow and discover their own paths to wellness. I enjoy working with trauma and complex cases and strive to create a space where clients feel safe enough to do deep, meaningful work. I draw from Polyvagal Theory and take a person centered approach to build strong therapeutic relationships. I am trained in EMDR (Eye Movement Desensitization and Reprocessing) and integrate this modality into my work when appropriate.

A little bit about me...

I enjoy music and art, and often find inspiration and relaxation through creative expression.



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