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We listen, act, and transform

Teresa a Licensed Professional Counselor providing telehealth counseling to adults across Georgia. I work with people who are navigating trauma, bipolar disorder, substance use, anxiety, depression, and other severe mental health challenges. My goal is to create a space where you can show up exactly as you are without feeling judged or misunderstood. Many of the people I work with feel like their experiences have been "too much" for others to handle. Maybe you've been told to just push through, calm down, or think more positively when what you're going through is far more complex than that. I believe therapy should be a place where the hard stuff can be talked about honestly and handled with care. My approach to counseling is practical, compassionate, and focused on helping you build real tools for daily life. I use evidence-based approaches like Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Solution-Focused Therapy to help clients understand patterns, regulate emotions, and move toward stability. Before private practice, I spent several years working in community mental health supporting individuals with severe mental illness, trauma, and addiction. That experience taught me how important it is to meet people

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