Carrissa Michael

License Number: 6401014106

State of Mind Counseling Centers LLC

52188 Van Dyke Ave, Suite 319

Shelby Township, MI 48316

248-690-6851

**Practice**

Sessions will focus on the wellness of the individual in his/her entirety, including: psychological, physiological and social wellbeing. Throughout treatment, clients will identify goals that are important in their wellbeing and move towards achieving these goals which may change throughout the course of counseling. Several theoretical approaches will be taken into consideration and implemented based on client’s responsiveness and requests, these approaches include: behavioral, client-centered, constructionist, existential and system theories. The clinician and client will complete an integrative assessment which will ultimately aid in the client on their journey to individual wellness and health. The fundamental goal of sessions will be to improve the client’s overall quality of life and decrease the intensity, frequency and duration of symptoms.

**Education & Experience**

I am an Oakland university alumnus with my Master’s Degree in Counseling and my Bachelors Degree in Psychology. I am currently a Limited Licensed Marriage and Family Therapist through the state of Michigan. I have additional training in child counseling and clinical supervision for Limited Licensed Professional Counselors. I have been a member of several professional organizations including: Chi Sigma Iota- Theta Chapter (Secretary), Michigan Counseling Association, Michigan Association of Marriage and Family Therapy (Treasurer) and American Counseling Association. I have worked as a clinical therapist in an outpatient mental health facility since 2014. My scope of practice includes: individual, couples, family and group counseling. My areas of experience include but are not limited to: anxiety, depression, mood disorders, interpersonal relationships, trauma, family dynamics and skills training.

**Fees**

Fees are determined by State of Mind Counseling Centers LLC.

In the event that you would like to file a complaint regarding services you may contact the Michigan department of licensing and regulatory affairs in writing to the following address:

Michigan Department of Licensing and Regulatory Affairs

Bureau of Professional Licensing

Investigations & Inspections Division

P.O. Box 30670

Lansing, MI 48909

(517) 373-9196