

Teri T. Burns, LCPC

I have been practicing therapy for 18 years. I have treated all types of adults dealing with depression, anxiety, bi-polar disorder, dissociation, PTSD, anorexia/bulimia, addictions, identity issues, grief, psychosis, domestic violence and trauma.

I believe that each one of us knows exactly how to heal ourselves; however, the message gets lost inside ourselves for various reasons. I see my job as merely helping the individual attain the clarity to see for themselves the choices they've made. Once they understand the unconscious decisions that drive their behavior they can begin to make positive changes. My style is very relaxed and interactive. I try to create an environment that feels nonjudgmental and safe; where the individual feels cared about, encouraged and empowered.

I have a goal-oriented approach to counseling. At the initial session with a client, I ask for a list of areas they would like to work on. Together we decide on a plan. There is flexibility built into my system, but I never lose track of the overall goals.

Because I believe the client has the answers locked up inside them, I like to use therapeutic tools which access the client's unconscious mind. I find dream analysis, art therapy and guided visualization particularly powerful tools. I also use readings, handouts, affirmations and journaling as homework tools.