



Monica Brown LCSW, LCADC

About Me

I am a dedicated and compassionate psychotherapist with a passion for helping individuals, couples and families navigate life's challenges and overcome mental wellness barriers. With a genuine commitment to fostering healing and growth with a wealth of experience in providing therapeutic support to diverse populations.

My clinical expertise encompasses a wide range of mental wellbeing challenges including anxiety, depression, PTSD, complex trauma and relational difficulties. I specialize in working with trauma, addictions, personality disorders and how they impact clients social connectedness. I bring two decades of experience in crisis management and have extensive training in interventions for suicide and self harm concerns. I am adept at addressing issues related to identity, self-esteem, and life transitions, empowering clients to embrace a sense of self-empowerment and resilience.

I am committed to promoting holistic well-being and personal growth, recognizing the interconnectedness of mental, emotional, physical, social and spiritual health...always focused on supporting people in building the best version of themselves.

Important to Know

- Shared information is only with written consent of the person receiving services, with **EXCEPTION** to the duty to warn and mandated reporting laws (intent to harm self, others or harm to vulnerable populations).

Specialized Training

- ~Certified Dialectical Behavior Therapy (C-DBT)
 - ~Collaborative Assessment & Management of Suicidality
 - ~Certified Neuropsychotherapy (NPT-C)
 - ~Certified Clinical Trauma Professional (CCTP-II)
 - ~Eye Movement Desensitization Reprocessing (EMDR)
 - ~PolyVagal Theory
 - ~Family Systems (IFS)
 - ~Solution Focused Brief Therapy
 - ~Certified Advanced Grief Counseling Specialist (CAGCS)
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Contact

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My mission is to empower those I serve to embrace their potential, cultivate resilience and lead lives of greater fulfillment and authenticity.