



Welcome!

**Counselor:** Lizzy White, MA, LPCC  
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**Philosophy & Approach:**

I specialize in working not only with children who need emotional support, but parents committed to deepening their relationship with their kiddo(s). My expertise not only comes from being a child once and struggling with the day-to-day challenges children face, but from the journey life decided to take me on. From providing direct care for teens facing abandonment and grief to supporting at-risk children struggling with anxiety and depression, I am capable of meeting the child where they intend to be met. My patience, empathy and compassion are what devote me to this work and drive me to understand what may be leading the behavior. When we build awareness and lean toward understanding our children’s behaviors, we can learn to accept — leading us toward change and connection.

**Core Competencies:**

Fear/anxiety	Rejection	Grief/loss
Low Self Esteem	Control	Boundaries
Sadness/Disappointment	Parent Coaching	

**Education & Training:**

M.A. in Clinical Mental Health Counseling Naropa University	2022
B.S. in Sociology Sonoma State University	2017

**Experience:**

<b>Lead Therapist, The Bridge Center for Play Therapy</b> Boulder & Westminster, CO	2021-present
<b>Teen Group Facilitator, Empowerment Center of East County</b> Lafayette, CO	2021
<b>Direct Care Staff/Counselor, Greenacre Homes and School (grades 6-12)</b> Sebastopol, CA	2018-2019
<b>Intern, Forget Me Not Farm: Children’s Services</b> Sebastopol, CA	2017-2018
<b>Teachers Assistant, Jack London School (grades k-6)</b> Santa Rosa, CA	2017
<b>Child Mentor, Sonoma Humane Society</b> Sebastopol, CA	2017