



## **William Ireland Browning, LMHC, CAP**

Licensed Mental Health Counselor MH 14598

Certified Addiction Professional

EMDR Trained

*Are you ready to take action? Do feelings of anxiety, low self-esteem and depression have you feeling stuck?*

If your answer is “Yes”, I can guide you through a working relationship that will create change in your life. Together we will develop wholeness through trust, expression of emotional needs and the truth. I believe in a person-centered approach that will help you identify the unmet needs in your life that often result in pre-occupations that generate various life patterns that can lead to unhealthy behaviors such as substance dependence, pornography, dysfunctional relationships, co-dependency and overworking, as well as other personality disorders.

Bill is a Licensed Mental Health Counselor and Certified Addiction Professional and has worked in the fields of Substance Dependence and Mental Health for more than nineteen (19+) years. Bill believes that because of this experience, he can help his clients have a more “authentic” and fulfilling life by living in truth in all aspects of life. He has clinical experience working with all populations ranging from adolescents to older adults.

Bill utilizes motivational interviewing and cognitive behavioral therapy to support change. Bill recently completed EMDR training and has a specialty in Christian Counseling along with an extensive background in treating those who struggle with addiction.