



Carolyn Tolep, L.C.S.W.

Licensed Clinical Social Worker



Carolyn Tolep is a Licensed Clinical Social Worker with a private practice in Coral Springs, Florida with over 17 years of experience. Carolyn incorporates a blend of styles and skills uniquely tailored to each individual client. Her treatment approach is grounded in Cognitive Behavioral Therapy blended with Psychodynamic therapy with a holistic perspective. Carolyn's goal is to help each client extinguish old patterns and automatic reactions so that therapy does not have to be a life long process. "When we become resilient, life improves". We are at last able to experience a zest for living and joy, not just understanding our "story" in our head.

“I know this is possible because I have experienced it first hand. As any good therapist would do, I embarked on my own personal growth and development. This process has helped me connect with and understand my clients and their journey.” – Carolyn Tolep

Education:

M.S.W. (Masters in Social Work) Adelphi University, New York

Certifications:

C.A.P. (Certified Addictions Professional)

Carolyn provides individual and group psychotherapy to adults in a safe and supportive environment. Among the conditions she provides help for are:

- Depression, anxiety including panic attacks
- Stress
- PTSD
- Divorce/blended families
- Self esteem and self confidence
- Recovering addicts/family members
- Grief, loss and bereavement (including pets)
- Life changes
- Eating Disorders
- Gay/lesbian issues