

## **Get to know Licensed Professional Clinical Counselor Lee Thao, who serves patients in Saint Paul, Minnesota.**

Lee Thao, MA, LPCC, LADC, CCTP, a Licensed Professional Clinical Counselor with Transcendence Psychological Services & Wellness, LLC



**New York City, New York Sep 19, 2022 ([IssueWire.com](http://IssueWire.com))** - Lee Thao is a licensed professional clinical counselor, a licensed alcohol drug counselor, and a certified clinical trauma professional. She is the Owner & Operator of Transcendence Psychological Services & Wellness, LLC in Saint Paul, Minnesota.

With over 25 years of experience in medical, mental health, and social services, she works with clients of all ages, including children, adolescents, young adults, adults, couples, and families. She operates from a person center, strengths-based, trauma-informed care lens and utilizes various intervention techniques to help individuals identify goals, gain insight, and move towards healing.

“I believe recovery and healing is an ongoing individualized journey that requires support, patience, and work. I am passionate about helping individuals move toward living their best life. This journey looks very different for everyone, and everyone’s path is as unique as theirs. I do this by helping individuals define what is important to them and the steps they would like to bring their visions to life. I am honored to walk with you on your journey towards recovery, healing, and living the best life you deserve” as stated by Lee Thao.

Offering a space for individuals to learn, grow, and be healthy, she has a special interest in immigrant/refugee mental health, acculturation difficulties; maternal mental health, parenting difficulties, teen parents, and senior parents; parents with children with developmental disabilities or medically complicated conditions; premarital and marital issues; women’s issues, health challenges, infertility; grief and loss, miscarriages, infant & child loss; and life transitions/roles & identity.

Although her primary focus is trauma, she specializes in working with individuals who are experiencing difficulties with relationships, anxiety, excessive worrying, overthinking, sadness, irritability, frustration, guilt, stress, and trauma; who are motivated yet feel unfulfilled and overwhelmed; and who have experienced life difficulties, such as transitions and life changes, loss, abusive relationships, and traumatic and stressful experiences.

Holding a Master’s in Counseling Psychological Services and Addiction Studies from the Saint Mary’s University of Minnesota, Lee Thao is trained in multiple therapeutic modalities, including Adaptive Internal Relational Network (AIR) Therapy.

She is passionate about working with individuals who identified as BIPOC, working with immigrant refugees - first and second-generation immigrants, as well as helping clients find their voice, supporting them in feeling empowered, and helping them navigate, define/ redefine their identities, and celebrate an inclusive and representative culture of who they are as a whole.

“As someone who has navigated the challenges of relationships, grief, and loss and worked through her trauma, It brings me joy and makes my heart smile to help individuals work through trauma to move toward finding happiness in their life again. Trauma work is hard work and challenging. I enjoy assisting clients in letting go of parts that have brought them pain and discomfort and discovering new aspects of themselves so they can start living a life that no longer feels tied down by their trauma” expressed the doctor.

Continuously advancing her efforts, Lee Thao is an active member of the American Counseling Association and the American Psychological Association.

Psychology is the science of behavior and mind. It includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists assess, diagnose, and treat the psychological problems and behavioral dysfunctions resulting from, or related to, physical and mental health. In addition, they play a major role in the promotion of healthy behavior, preventing diseases, and improving patients' quality of life.

A 1.5-generation Hmong American, Lee Thao immigrated to the United States at the age of 7 and lived in Billings, Montana, for about 1.5 years before moving to St. Paul, Minnesota where she spent her elementary years in Frogtown & middle and high school years in West St. Paul.

Growing up in these two environments allowed her to witness firsthand some of the challenges BIPOC and refugee/immigrant families face as they navigate various systems (educational, medical, mental health, work, and social) while trying to achieve a better life for themselves and their families.

Her relationships with diverse communities allowed her to engage in friendship development, embrace, and appreciate cultures different from her own.

“Contrary to what it feels like at times - we have choices, and we CAN make changes. We can lessen fears and symptoms by building up our tools to better engage with others and understand ourselves in a much more authentic and meaningful way. I am here and honored to be a part of that journey” she stated.

**Learn More about Lee Thao:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82530537>, or Transcendence Psychological Services & Wellness, LLC, <https://www.tpswellness.com/about>

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