

Empowering Minds with Carrie L. Appleby, LPC, LISAC: A Trusted Guide in Mental Health and Wellness

Offering Compassionate, Expert Counseling to Support Individuals, Families, and Youth Throughout Arizona



New York City, New York Nov 21, 2024 ([Issuewire.com](https://www.issuewire.com)) - Carrie L. Appleby, LPC, LISAC, is proud to announce her private practice, CBT Health Services, LLC, located in the heart of Williams, Arizona. With over 20 years of experience, Ms. Appleby is a highly qualified and passionate mental health professional dedicated to supporting individuals, children, youth, young adults, and families in

overcoming life's challenges.

Ms. Appleby is dually licensed as a Licensed Professional Counselor and Licensed Independent Substance Abuse Counselor in the state of Arizona. She is directly credentialed with TriWest, as well as Blue Cross/Blue Shield. For all other insurances, she collaborates with SponderMind, allowing her to effectively serve TriWest veterans and provide comprehensive care to her clients. Her extensive background includes work in various settings, such as inpatient and outpatient facilities, community clinics, residential treatment centers, hospitals, and educational institutions, allowing her to develop a deep understanding of the unique needs of her clients.

At CBT Health Services, Ms. Appleby specializes in addressing a wide range of mental health issues, including anxiety, depression, relationship challenges, major life transitions, trauma, ADD/ADHD, grief, PTSD, family-of-origin issues, attachment, and substance use/abuse. She employs a strength-based approach, emphasizing collaboration with her clients to ensure they receive the most effective treatment tailored to their individual needs.

Ms. Appleby's therapeutic philosophy is rooted in the belief that culture plays a vital role in mental health and well-being. She honors her clients' cultural backgrounds and strives to integrate traditional practices into her counseling sessions, fostering a sense of respect and understanding.

Educated at Northern Arizona University and Grand Canyon University, Ms. Appleby has honed her skills through diverse experiences. Her eclectic therapeutic style draws from various psychological theories, including cognitive, behavioral, somatic, motivational, psychoanalytic, psychodynamic, rational emotive, dialectical, holistic, gestalt, and existential therapy. This comprehensive approach, combined with motivational interviewing techniques, allows her to create a client-centered environment where individuals can thrive.

"It is always an honor when someone, or families who allow(s) me to walk with them on their path to provide support while they work through their challenges," says Ms. Appleby. "It is very rewarding to see individuals find peace and happiness. This is the biggest payoff for me being a counselor."

Ms. Appleby's commitment to providing a safe and supportive setting enables clients to improve their quality of life and rise above their challenges. By fostering a collaborative therapeutic relationship, she empowers her clients to unlock their potential and achieve lasting change.

Learn More about Dr. Carrie L. Appleby:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/83601136-Carrie-Appleby-Kittle-Counselor-Therapist>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Carrie L. Appleby, LPC, LISAC

[See on IssueWire](#)