



Blaire Cutler

CLINICAL INTERN



401 - 250 - 2731



Admin@EmbodiedLLC.org



1130 Ten Rod Rd, C207
North Kingstown, RI 02852



EmbodiedLivingLLC.org



Bio

Blaire Cutler is a master's-level intern currently pursuing her M.S. in Clinical Mental Health Counseling. She provides therapy in a warm, safe, and nonjudgmental space, helping clients of all ages. With experience working with children, adolescents, and adults in a variety of settings, Blaire is deeply committed to supporting her clients as they navigate challenges, uncover their strengths, and create the life they envision for themselves.

Blaire became a therapist because she believes everyone deserves the opportunity to live a life aligned with their deepest values, passions, and dreams. She is passionate about offering hope and empowering clients to recognize their own strength - helping them understand that they are capable of transformation. She also believes that even suffering can be a source of resilience, reminding us that we are more powerful than our thoughts and emotions.

Taking an eclectic approach to therapy, Blaire draws from evidence-based models such as ACT, CBT, and DBT, tailoring treatment to each client's unique needs and goals. She recognizes the significant role that upbringing and past experiences play in shaping thoughts, behaviors, and patterns but believes that healing and change are always within reach. In therapy, she works collaboratively with clients to explore their experiences, highlight personal strengths, and create a path toward meaningful change.

Interested in therapy with Blaire?

Feel free to contact us by visiting our website and filling out our "Become a Client" form or calling our Medical Receptionist, Priscilla, to make an appointment.