

Celine Harper, MSW



A Message from Celine (she/her)

Navigating life's challenges can be overwhelming, but you don't have to face them alone. Using a variety of approaches, including traditional talk therapy, expressive arts, and mindfulness techniques, my goal is to help you develop effective coping strategies, gain valuable insights, and make positive changes in your life. I'm here to support you every step of the way as you progress towards a more fulfilling and authentic life.

With a client-centered approach, Celine prioritizes empowerment and collaboration, creating a non-judgmental environment where individuals can define and achieve their goals. By building coping skills and facilitating an understanding of the connection between thoughts, feelings, and behaviors, her goal is to empower her clients to navigate their mental health challenges effectively. Her background includes experience in intensive outpatient care, residential care facility, and community-based programs, providing her with a comprehensive understanding and skill set to support her clients effectively.

Whether you're feeling stuck in negative cycles, overwhelmed by stress, or grappling with past traumas, I am here to help you navigate through these challenges. My goal is to uncover the root causes of your struggles and empower you to live a more fulfilling life. I believe in your inner strength and resilience, and I am committed to providing you with the tools and support needed to overcome life's obstacles. Therapy is a journey of self-discovery and growth, and I am honored to be a part of your healing process.

I look forward to working with you and helping you achieve your goals.

Areas of Specialty

Anxiety, Depression and Mood Disorders, Trauma, Obsessive Compulsive Disorder (OCD), Self-Esteem and Identity Development, Stress Management, Life Transitions, Social Anxiety, Depression, Life Transitions, Trauma, Phobias & Fears, Gender and Sexual Identity, Mind-body connection, Grief and Loss, Emotion regulation, Self-Esteem, Child mental health, Adolescent mental health, Academic Stress, Work Stress, Developmental Disorders, Mood Disorders, Relationship Issues, Communication Issues, Adjustment Disorders, Perfectionism

Treatment Modalities

Cognitive Behavioral Therapy (CBT), Client-Centered Therapy, Expressive Arts Therapy, Mindfulness-Based Therapy, Trauma-Informed Therapy, Dialectical Behavior Therapy (DBT), Solution-Focused Brief Therapy (SFBT), Motivational Interviewing, Narrative Therapy, Psychodynamic Therapy, Acceptance and Commitment Therapy (ACT)

Education & Training

Master of Social Work from the University of Kentucky

Clinical Certificate

Insurances Accepted

BCBS, UBH/Optum/UHC/NHP, Aetna

Supervisor

Jessie Ortiz, MSW, LICSW

Contact the Team at Embodied Living Counseling to schedule an appointment with Celine at;

https://docs.google.com/forms/d/1ATMvnYIBoa7EuzDxT6O9iU9CSt3TC2iVrMmUq4PA5ig/viewform?edit_requested=true