

Madison Conley, LMHC-A



A Message from Maddy (she/her)

Maddy is a Licensed Mental Health Counselor Associate in Rhode Island with 3+ years of experience working in various clinical, hospital and educational settings. Maddy has worked with all age groups, but specializes in working with adolescents, young adults and adults.

Maddy believes in a holistic approach to wellness and uses several different evidence-based therapeutic modalities such as Cognitive Behavioral Therapy, Acceptance and Commitment Therapy and Person-Centered counseling. Tailoring treatment to the individual, Maddy works with her clients to determine their needs in the space.

Maddy takes pride in helping individuals navigate major life transitions, anxiety, depression, ADHD, interpersonal conflicts and many other life stressors. Maddy especially enjoys working with individuals who are making the transition from high school to college, from college to working life, or anyone making career changes at any stage of life.

Maddy believes that a sense of humor and self-compassion are both very important in your healing journey, and aims to incorporate these into her counseling style. In addition to the North Kingstown office, Maddy offers the flexibility of remote telehealth sessions and welcomes new clients.

Maddy is a Licensed Mental Health Counselor Associate at Embodied Living Counseling, who works with a variety of age groups dealing with anxiety, depression, ADHD, life stressors, etc. In her therapeutic practice, Maddy implements a variety of different talk-therapy modalities, and aims to create a bright, warm, inclusive space for clients. Maddy is licensed in Rhode Island, and is available both in person and via telehealth.

Areas of Specialty

ADHD, Anxiety, Career Counseling, Depression, Existential Crisis & Challenges, Stress Management, Adjustment Difficulties, Adolescent Mental Health, Burnout

Treatment Modalities

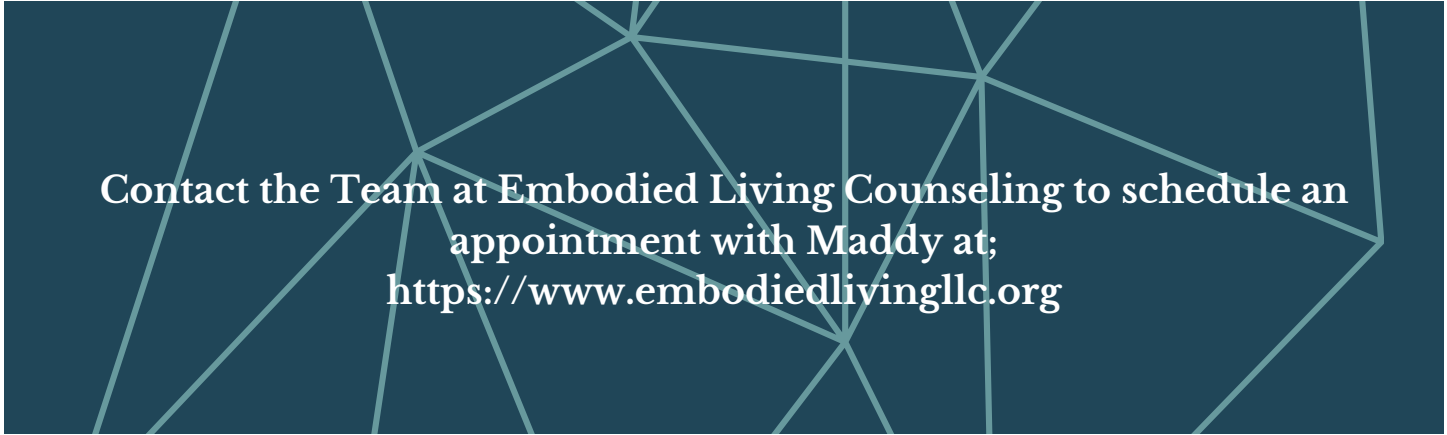
Acceptance and Commitment Therapy (ACT), Career Counseling, Cognitive Behavioral Therapy (CBT), Client-Centered Therapy, Dialectical Behavior Therapy (DBT), Motivational Interviewing, Adlerian Psychology

Education & Training

Providence College, MEd, 2022

Insurances Accepted

BCBS, UBH/Optum/UHC/NHP, Aetna



Contact the Team at Embodied Living Counseling to schedule an appointment with Maddy at;
<https://www.embodiedlivingllc.org>