

# Katie Muirhead, PhD, LMHC



## A Message from Katie (she/her)

Finding a counselor can be both a challenging and rewarding process, and it is a sign of strength and resilience that you're exploring this form of healing. I consider it to be an honor when a client asks that I be a part of their journey, and I would love to be a part of yours too. I prioritize counseling that is accessible, affirming, trauma informed, systems-minded, and culturally competent. Further, I make sure my practices and interventions are at the cutting edge of what is developing in the counseling field. My hope is that we can bring together my clinical skills and experience, along with your expertise of your own life experience, to collaborate on establishing treatment that addresses struggles you may be facing and highlights your goals and strengths. I look forward to serving clients in this way and thank you for taking the time to explore my profile!

## Areas of Specialty

LGBTQ+ affirming counseling, Substance Use Disorders, Body Liberation Counseling, Trauma-Informed Care, Mood Disorders (anxiety, depression)

## Treatment Modalities


Relational Cultural Theory, Motivational Interviewing, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Humanistic and Existential Approaches

## Education & Training

Idaho State University (PhD, 2019), Bridgewater State University (MA, 2015)

## Insurances Accepted

BCBS, UBH/Optum/UHC/NHP, Aetna



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