



Bianca Brown, M.S., Resident in Counseling Counselor

I earned my Master's Degree in Mental Health Counseling from Capella University. I have experience working with children and adults with depression, anxiety, ADHD, mood disorders, trauma, familial discord and adjustment issues. I view counseling as a partnership with the client to draw on their own individual strengths and skills towards finding inner peace and happiness. In my work with individuals and families I utilize aspects of Person-Centered Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Solution-focused and Strength based therapy, Expressive Arts, Play Therapy, Family Systems, and Motivational Interviewing treatment methods within the framework of a strong therapeutic alliance. In order for change to occur, I believe in providing an environment grounded in empathy, congruence and unconditional positive regard. I have received training in Dialectical Behavioral Therapy and Play Therapy. When I am not working I enjoy time spent with family and friends, traveling, and attending cultural/music festivals.