



Cortney Zeigler, M.A., Resident in Counseling Counselor

I received my BA in Psychology from Alfred University and my MA in Mental Health Counseling from Marist College. I plan to work towards licensure, under supervision, as a LPC. I have experience working with children and adolescents in residential settings with ADHD, depression, anxiety, grief, and trauma. The foundation of my approach is person-centered and strengths based and have experience with Cognitive Behavioral Therapy, play therapy techniques, and art therapy techniques. I enjoy reading, spending time with my cats, and yoga.