



## Michelle Tanner, LCSW Therapist

Michelle Tanner LPC has been working in the human services field for over 14 years, both with non-profit organizations and local Community Services Boards. She graduated from Adams State University in 2015 with a Master of Arts in Clinical Mental Health Counseling and received her counseling license April 2018. She has experience working with pre-teens, teens, and adults struggling with many different mental health, family, and life issues including: depression, anxiety, substance abuse, stress management, anger management, grief and loss, chronic illness, behavioral issues, emotional issues, and exploring life choices. Michelle utilizes Positive Psychology, Cognitive Behavioral Therapy, Mindfulness, Person Centered therapy, and Trauma Informed Therapy, along with creative interventions such as art and music in order to provide individualized counseling services and support to improve clients' quality of life.