



## Brittney DeHart, M.A., Resident in Counseling

My work as a counselor often starts with regulation techniques to decrease the intensity of an emotion. This will allow us to take a step back to see a situation in a different light. We will then consider how a thought, feeling, or behavior is serving you in a helpful or hurtful way (or both!), which often leads us to a deeper understanding of present pain. My goal is to help navigate the distress, so you are able to reconnect with the beauty in yourself. I resonate with a trauma-informed narrative approach paired with skills work from both Cognitive and Dialectical Behavioral Therapy frameworks. I enjoy working with teens and adults and have experience in trauma, suicidality, eating disorders, personality disorders, anxiety, depression, grief, identity formation, interpersonal relationships, and LGBTQIA+. I received my Master of Arts in Clinical Mental Health Counseling in May 2023 as well as a Bachelor of Science in Psychology in 2017. In my free time, I enjoy watching movies, drinking coffee, and making art.