



Hayden Ray, M.A., Resident in Counseling

I graduated from the University of South Carolina with a double major in Political Science and Criminal Justice in 2017. I most recently received my Master's in Clinical Mental Health Counseling from the University of North Carolina at Charlotte in 2020. I have experience working with children, adolescents, adults and older adults dealing with trauma, grief and loss, depression and anxiety as well as managing mood and personality disorders. I operate from a psychodynamic orientation with the incorporation of CBT and DBT techniques but firmly believe that all treatment should be person-centered. I most recently completed my Level 1 Gottman training to work with couples. I am currently working towards licensure as an LPC.