



Lori Franco, LPC Lead Clinical Supervisor

I am a licensed professional counselor (LPC) and the lead clinical supervisor at Lighthouse Behavioral Health Center. I supervise a team specializing in Mental Health Skill-building and Intensive In-home Services. I am committed to helping people with mental health diagnoses to achieve a greater sense of contentment and autonomy. I enjoy providing administrative and clinical supervision to staff and residents and helping them to learn and to grow in the mental health field. I also provide outpatient therapy focusing in the areas of anxiety, depression, psychosis, and co-occurring disorders. I specialize in working with adults utilizing Motivational Interviewing, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and Reality Based Therapy in order to increase insight and bring about positive changes. My philosophy is that mental health exists on a continuum and is not a fixed point for anyone. I believe one's mental health can be better or worse given one's

circumstances on any given day. I believe that people's mental health stability changes as their biological, social, physical, and environmental states change. My goal as a therapist is to assist people as they navigate these changes. I believe people are most content when their actions and lives align with their authentic selves, and I really enjoy helping people explore what that means to them.