



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 am committed to helping people with mental health diagnoses to achieve a greater sense of autonomy. I enjoy supervising mental health skill-building specialists and helping them to learn and to grow in the mental health field.

I also provide outpatient therapy focusing in the areas of anxiety, substance abuse, and psychosis. 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. I am currently pursuing a personal interest in pet therapy.

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. I

believe that people's mental health stability changes as their biological, social, and physical states change. My goal as a therapist is to assist people as they navigate these changes.