



Madelene Barber M.C., Resident in Counseling

Maddy is a licensed Resident in Counseling who began working in the mental health field in 2015. Maddy earned her B.A. in Psychology from James Madison University and a Master of Counseling degree with a multicultural clinical focus from Arizona State University in Tempe, AZ. Her work has included working in direct care in acute and residential settings, providing crisis response for a mobile team, and providing outpatient individual, family, and group therapies. Maddy started her work at Lighthouse providing community-based care, including intensive in-home, mental health skill-building, and parent coaching services. She then took the role of Intake Coordinator, focusing on assessment and diagnosis for the community-based team. Maddy now provides outpatient therapy services with Lighthouse, and her therapeutic approach utilizes trauma-informed CBT and DBT modalities to explore intra- and interpersonal functioning across the lifespan. Maddy enjoys working with clients experiencing posttraumatic stress disorder and other diagnoses resulting from trauma, mood disorders, anxiety, self-worth issues, and chronic interpersonal challenges. Maddy seeks to create a collaborative, supportive, and non-judgmental environment where clients can feel safe to raise awareness of their patterns of thinking and behaving, and develop effective new patterns that increase safety, self-

acceptance, and overall quality of life. Maddy believes that there is a seat in the therapy room for humor and would be honored to join you in your journey of healing, problem-solving, and creating a more meaningful life.