



## Shelly Wiles Cogbill, M.S., Resident in Marriage & Family Therapy Counselor

Life is a journey and can be challenging at times. We all need someone to support us through life's obstacles. I have over 10 years of experience working with children and families and believe that support and solutions are key to our development as individuals and our ability to interact in our relationships. I earned my Master's in Human Services with a Specialization in Couples, Marital, and Family Counseling and Therapy from Capella University. I love working with families in the community to assist in identifying strengths, solutions, and new ways to see and solve what life presents. I have worked with a variety of settings including Intensive In Home, Foster Care, Family Counseling, and Crisis Services with children and adults. In working with children and families, I use a person centered and collaborative approach to support families in achieving their goals. I utilize a variety of interventions including Play Therapy, Cognitive Behavioral Therapy, Expressive Arts, Structural Family Therapy and Solution Focused Therapy. I believe that each

individual is the expert of their own life, and that my role as a counselor is as both a coach and a cheerleader to support, encourage, and challenge families to be their best.