

## KEI IZUMI



### Specialties:

- Alcohol/Substance Abuse
- Domestic Violence
- Anxiety/Panic Attacks
- Emotional Eating
- Grief/loss
- Spirituality

**About:** Ms. Izumi is passionate about helping and serving people with a history of abuse, and who have been traumatized and marginalized. She utilizes a client-centered approach. She strongly believes in an empathic and nonjudgmental approach in her clinical work. She believes a counselor must listen with openness and genuine empathy without judgment to assist in each client's healing process. At the same time, she encourages goal setting to motivate and navigate clients in the therapeutic process. Ms. Izumi utilizes talk therapy, Existential therapy, narrative therapy, and CBT. She specializes in working with clients with addiction issues, trauma, emotional eating, grief/loss and anxiety. She has been working with male and female of all ages and various cultural backgrounds.

**Hours available for new clients:** Contact Porchlight for more information.

**Education:** Ms. Izumi received her MA in Clinical Mental Health Counseling from Moody Theological Seminary in Chicago. She is a Licensed Professional Counselor (LPC).