

## ANNE POTHOUR, LCSW



### Specialties:

- Emerging adults & college students
- Relationships issues
- Excessive worry
- Mood disorders

**About:** Anne Pothour is a Licensed Clinical Social Worker who provides individual therapy with a particular interest in helping people heal from trauma. Her approach is attentive and non judgmental. She will sit with you as you share your pain, listen and explore with curiosity to encourage a deeper understanding of your emotions. Anne views people as experts in their own lives and will utilize your strengths to work toward change. Anne enjoys assisting people in identifying, expressing and regulating their emotions.

**Hours available for new clients:** Mondays, Wednesdays and Thursdays.

**Insurances accepted:** BCBS PPO, and United