

RUTH NATHANIEL, PRE-LICENSED PROFESSIONAL, MA



Specialties:

- Anxiety
- Trauma
- Depression
- Life Transitions
- Ethnicity

About: As your counselor, Ruth will partner with you in all seasons of life. Her aim is to help you see yourself for who you are and empower you to own your strengths and weaknesses to shape how we will achieve your goals in counseling. She is passionate about aiding my clients to move from “autopilot” into increased consciousness and mindfulness so they can actively accomplish their goals one step at a time. Furthermore, She believes that emotions are a powerful gift which ought to be understood and wielded instead of silenced- so I will encourage you to bring it all into the counseling space. The work you will do together will not only help you become a healthier individual, but overflow into your relationships and subsequent communities. Thus, Ruth uses a holistic approach to mental health care through the integration of your culture, faith, values, and much more. She uses various tools and techniques such as mindfulness, the Enneagram, CBT, DBT, and logo therapy to best address your needs and goals. But most of all, she will utilize the mutual respect and honor in your partnership to affirm your identity, deepen your self-concept and help you explore who you were created to be.