

MELODY CHEN, M.S.ED, LCPC



Specialties:

- Bilingual, English and Mandarin Chinese

About: Melody Chen, M.S.Ed, LCPC, is passionate about addressing mental health issues with a collaborative, strength-based, and humanistic approach to promote problem-solving, self-awareness and resilience. She draws from her eastern cultural background the practice of mindfulness and distress tolerance, while incorporating the well-established knowledge on attachment by western psychology to help clients develop skills in symptom management, as well as healing from emotionally/psychologically damaging experiences in life. In addition to individual work, Melody also takes into consideration contextual factors that contribute to clients' difficulties. Melody is bilingual, proficient in English and Mandarin Chinese.