

Deborah Lindeen, MA, LPC, ATR-BC

It takes soul to be whole. It's so easy to become disconnected from who we really are when we're caught up in the demands of daily living. Through attention to moods, relationships, and behavior, you can identify underlying beliefs that are motivating you. It then becomes possible to make life choices from an informed perspective, using self-knowledge and intentional goals.

Deborah Lindeen is a Licensed Professional Counselor, a Board Certified Art Therapist, and a Licensed Professional Counselor Supervisor. Combining psychodynamic insight with cognitive behavioral technique, Deborah's approach is holistic, collaborative and results-oriented.

She specializes in mood and anxiety disorders, relationship counseling, trauma, life transitions, and disordered eating. She has specialized training in spiritual direction, trauma and the Gottman method of couples counseling.

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