



# MICHELLE RHEA

MS, LPCC

## PHILOSOPHY

Michelle's utilizes a person centered/strength-based approach in helping others. She works to help others navigate through difficult situations, providing support, guidance and empathy. Michelle helps to build and develop individual skill sets with her clients enabling them to better manage and respond to stress and improve healthy levels of functioning. She incorporates client perspective into goal setting, family/relationship work and helps her clients increase feelings of satisfaction, happiness and peace.

## CONTACT

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AVAILABLE:  
Monday - Thursday

## JOINED NORTHWINDS

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2020

## DEGREES/LICENSE

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Master Degree in Psychology from Capella University in Minneapolis, MN

Licensed Professional Clinical Counselor, License #1247 Since 2016

## WORK EXPERIENCE

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Michelle's has over 15 years helping others in the mental/behavioral health setting. She has primarily focused her work on helping children/adolescents and families within a residential setting. She has a great deal of experience and training helping overcome symptoms of trauma, navigating and improving difficult relationships, providing academic support and guidance and supporting those working through complexities of grief.

## SPECIALITIES

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Children/Teenagers  
Complex Family Dynamics  
Trauma Management  
Anger Management  
Anxiety/Depressive Disorders  
Attention Deficient Disorders (ADD/ADHD)  
Adjustment Disorders  
Eye Movement Desensitization and Reprocessing (EMDR)  
Grief and Loss