

Susannah Baldwin, MEd, LPC

Adult and Couples Counseling

Specializing in all issues relating to one's reproductive journey- sexuality, infertility, pregnancy, loss, post-partum depression and post-partum anxiety.

I work with individuals and couples helping them navigate difficulties and transitions in their lives. If you're struggling to feel good about a relationship, a family change, child rearing or balancing life's demands, I can help. With counseling, we can address the anxiety or depression you may feel and help you find understanding, solutions and happiness. I offer a nonjudgmental, safe environment that's optimal for personal growth.

Some of my most rewarding work has been with women and couples during their reproductive journey. While often expected to be wondrous, this time can also present significant challenges. I have a strong background with issues related to sexuality, infertility, pregnancy, miscarriage, childbirth, post-partum depression and post-partum anxiety.

I use a versatile counseling approach combining cognitive-behavioral, client centered and solution-focused techniques to meet the needs of the individuals and couples I serve. I provide a customized plan of services tailor-made for each unique client situation.

Individual and group sessions are available with evening appointments if desired. Other services offered include facilitating trainings and presenting to groups on a variety of maternal mental health topics.

I feel strongly that a positive therapeutic relationship influences counseling outcomes. So in an effort to allow clients the opportunity to meet me and decide if counseling is right for them, I offer a free 30 minute appointment.

I enjoy advocating for maternal mental health awareness by volunteering with organizations such as [Upstate Birth Network](#) & [Postpartum Support International](#). I have advanced training in Maternal Mental Health as well as training for the [Bringing Baby Home program](#). I hold a B.A. in Psychology from the University of Central Florida and a M.Ed. in Clinical Mental Health Counseling from Clemson University.