



Are you finding it difficult to manage the various roles you play in your life? Such as, husband, wife, employer, employee, caretaker, mentor, sibling, friend, volunteer and neighbor etc.? Life is extremely tough, and we are forced to deal with the demands and pressures placed upon us. Sometimes, it is difficult to breathe because our minds are constantly thinking about what we have not accomplished for the day, the week and even long term goals. This anxiety can impact the way that we relate to others which is displayed by mood swings, anxiety attacks, frequent crying outbursts and difficulties with sleeping.

Nikia Thompson, PHD, LCSW

Through the therapeutic process, we can explore the things that are causing you the most grief, and work through those difficulties collaboratively. This is for you. Together, we will focus on the past in order to help you explain current life struggles while focusing on the present in order to help you to cope and prepare for the future.

I am a Licensed Clinical Social Worker and have worked with individuals, couples and families for 15 years. I have both experience and skill in working with the following concerns: Anxiety and Depression (including post-partum depression), Chronic Pain, Relationship Challenges (couples and families) , Grief and Loss, Domestic Violence (victim or offender), Sexual abuse (victim or offender), Parenting Challenges, Trauma, Cultural Concerns, Phase of Life Changes and last but not least, Job Related Stress.