

Therapy Program



Rachel Bartz, LMSW *she/hers*

I believe that every survivor should have the ability to process their experiences in a safe space without judgment. Providing active listening, we will utilize your strengths while we navigate which direction to take your individualized route in therapy. I will be alongside you while we take therapy at your own pace, and discover and master skills you can incorporate into your daily life to help the healing process begin.



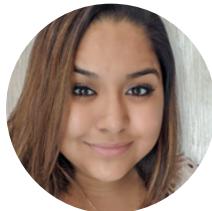
Allyson McClellan, LLMSW *she/hers*

Children, teens and young adults deserve to have their voices heard and to be supported in a safe, and non-judgmental space. I work together with individuals by emphasizing that they are seen, heard and valued in the therapy space. I strive to empower those I work with by highlighting their strengths, recognizing their coping skills, and introducing additional ideas for enduring life's ups and downs. The focus of my support is to walk alongside people as an open-minded listening ear, while they continue to grow and heal.



Cecilia Innes *she/hers*

My goal is to create a space to talk about the big questions and small details. I want you to feel heard, seen, and safe. Most of all, I hope to unite you with the most important person in your journey- Yourself. You are already on your way, and I'd be grateful to help.



Erika Denny, LLMSW *she/hers*

Taking the initial steps to see a therapist can be challenging and uncomfortable at times; these are normal feelings. By taking the first step in seeking further guidance displays that you are ready to gain back control of your life. I am here to support you through the stages of your healing journey. I strive to offer you a safe space to process and overcome emotional trauma. I believe in an approach that facilitates self-discovery and self-empowerment along with positive cognitive restructuring to help you gain confidence in making your own decisions and feeling your voice heard. Together, we will work to develop an individualized plan and set goals specific to your needs to achieve healthy emotional growth.



Lauren Fesler, LMSW *she/hers*

I create an open space for you to share your story and be your authentic self. I will support you as you navigate your healing journey. You have the right to be heard, feel empowered, and acknowledge your personal beliefs. Through a collaborative approach we can work together to create a plan for healing, based on your unique, individual goals, where you can begin to cultivate new skills and build fulfilling relationships.



If you are a victim or survivor of domestic violence, sexual assault, or human trafficking and are interested in individual therapy, please call us to schedule a therapy intake at (269) 345-5595 ext. 346.