



IN-PERSON & TELEHEALTH

Individuals, Couples, Families, Groups Take The Next Step!

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Better understand situations; set goals; find motivation;
and make progress toward a more satisfying life



ABOUT KERRIE

I earned my BA and MA in Counseling at Marshall University and served at The College Program for Students with Autism Spectrum Disorder. Returning to Huntington, WV, as a seasoned Licensed Professional Counselor, feels like coming home. Raised as a child in nearby Milton, the city of Huntington seemed big and unfamiliar. As I grew, I made connections, and became part of this city - with roots in the local autism community. I care about people here. I thank God for the opportunity to express empathy through a *Person-Centered Approach* to individuals, families, couples. My husband's unconditional love influenced me since we dated in high school. It's my most precious asset - sparking my interest in *Emotionally Focused Therapy*. Through EFT, I now help couples care for their relationships. At KPCC, I will meet you where you are in life - care in a non-judgmental way, honoring your story and moving toward your goals.



ABOUT ALLISON

I have a BA in Psychology and MA in Clinical Mental Health Counseling from Marshall University. Today, I help clients develop healthier thought patterns and behaviors with *Cognitive Behavioral Therapy* (CBT) techniques. I apply *Dialectical Behavior Therapy* (DBT) interventions - including mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness skills. My guided meditation sessions include *Progressive Muscle Relaxation* (PMR); deep breathing. For couples/families, I utilize *Emotionally Focused Therapy* (EFT) to explore emotional patterns and attachment of emotions. I am passionate about creating a safe environment. Whether coping with trauma, grief, or unpleasant emotions, I wish to offer you a path forward.



I now see that owning our story and loving ourselves through that process is the bravest thing that we will ever do. Brene Brown