

## Chantal Patterson

Hello, I'm Chantal. I graduated cum laude in 2020 with a Bachelor of Science in Human Services. I'm excited to share that in August 2024, I will graduate with a Master of Science in Counseling Psychology. My goal is to become a licensed therapist specializing in reunification therapy.

Throughout my journey, I have had the opportunity to work in various settings. I have facilitated mandated co-parenting groups, where I have witnessed the challenges and successes of parents trying to navigate their way through separation and divorce while ensuring the well-being of their children. Additionally, I have served as a crisis therapist for a local high school, supporting students during challenging times.

One of my primary goals as a therapist is to meet my clients where they are and help them become the best version of themselves. I believe in a holistic approach to wellness, which encompasses both mental and spiritual well-being. I want to support my clients in achieving wellness in all aspects of their lives.

I am excited about the opportunities that lie ahead and look forward to positively impacting the lives of individuals, adolescents, and families. I aim to create a safe and non-judgmental space where my clients can explore their thoughts, emotions, and experiences and work towards achieving their goals. We can embark on a growth, healing, and transformative journey together.