



STATERA

Integrated Health & Wellness Solutions

**Karin Anderson, MS, LMHC,
NCC**

Licensed Mental Health Counselor

Karin's philosophy of care focuses on a collaborative approach with her clients and being educated in multiple therapy styles to help them find the approach that works best for their needs.

- Narrative Therapy
- Family Systems
- Cognitive-Behavioral Therapy
- Interpersonal Violence
- Brief Counseling Models
- EMDR
- Complex Trauma Injuries

At Statera, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



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Karin Anderson, MS, LMHC, NCC



Karin Anderson is a licensed mental health counselor with over two decades of experience providing counseling services to men, women, families, and groups. She incorporates a wellness approach to counseling that is integrative, collaborative, and strength-based.

I am trained in narrative therapy, family systems, cognitive-behavioral therapy, brief counseling models, and Eye Movement Desensitization and Reprocessing (EMDR). In addition, I have specialized training in interpersonal violence and complex trauma injuries.

Drawing from many years of experience teaching community workshops and graduate-level counseling courses as an adjunct professor at Barry University and Trinity International University in South Florida, I will be offering educational workshops at Statera on a variety of topics related to integrative wellness and counseling.



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