



**STATERA**

Integrated Health & Wellness Solutions

## **Bailey Callahan, MA, T-LMHC**

Bailey Callahan MA, T-LMHC is a Licensed Mental Health Counselor. She believes in a holistic approach to mental health counseling and has experience with both inpatient and outpatient care. Utilizing an empathetic and collaborative approach, she will be your supportive guide toward healing and self-growth.

I have worked with clients experiencing various mental health struggles including depression, anxiety, trauma, and life changes. I use an empathetic person-centered approach which allows us to build a therapeutic relationship rooted in trust and acceptance.

My family consists of my husband and our two dogs: a black lab and a golden retriever. Outside of my career, I enjoy spending time with family and friends and being outdoors every chance I get.

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*breathe... inhale hope. exhale healing.*

Bailey Callahan ~ MA, T-LMHC



- Cognitive Behavioral Therapy
- Person-Centered Approach
- Anxiety
- Depression
- Trauma
- T-Licensed Mental Health Therapist

### **Statera Integrated Health and Wellness Solutions**

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**At Statera** we bring together traditional medicine, holistic healing, fitness, nutrition and yoga under one roof. Our multidisciplinary team of providers work together to address your healthcare needs mind, body and spirit.

