STATERA

Integrated Health & Wellness Solutions

Karin Anderson ~ MS, LMHC, NCC

Karin Anderson. MS, LMHC, NCC is a Licensed Mental Health Counselor with over 18 years of experience providing counseling services to men, women, teens, families, couples and groups. She incorporates a wellness approach to the counseling process which 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 workshops within the community and teaching counseling courses to graduate students as an adjunct professor at Barry University and Trinity International University in South Florida, I will provide educational workshops at Statera in a variety of topics related to integrative wellness and counseling.

breathe... inhale hope. exhale healing.

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- Licensed Mental Health Counselor
- Narrative Therapy
- Family Systems
- Cognitive-behavioral Therapy
- Interpersonal violence
- Brief Counseling Models
- Eye Movement and Desensitization and Reprocessing
- Complex trauma injuries

Statera Integrated Health and Wellness Solutions

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At Statera we gather traditional medicine and holistic healing under one roof. Our multidisciplinary team of providers are all ready to work together to address your healthcare needs.