



Karina-MC, LPC, CCTP

Licensed Professional Counselor
Certified Clinical Trauma Professional

EDUCATION

Master of Science in Counseling/Community Counseling
Master of Education in Counseling/Human Relations

CLINICAL APPROACH

Karina is a trained and experienced therapist with more than 20 years of experience working with diverse populations in the mental and behavioral health field. Ensuring that patients receive quality care, she is committed to guide and provide help and support by focusing on their individual strengths, and safely address and resolve life challenges by creating a safe environment to help promote positive change and healing. Karina integrates a variety of approaches depending upon the issues to be resolved and the patient's needs. Approaches may include, but not limited to the following: TF-CBT, Motivational Interviewing, DBT, Client/Person Centered, EFT, Play-and art-based approaches, Solution-Focused Brief Therapy, Multicultural Therapy, Sand Tray Therapy, and Mindfulness.

ABOUT ME

I grew up in Arizona and continue to love and enjoy the beautiful landscapes and the dry heat of the Sonoran Desert. I am the proud mother of a beautiful, kind, and talented girl who is the joy of life for me and my husband. I am a member of the Chemehuevi Indian Tribe, where I completed my internship and learned more about my roots and the aspects that impact and influence a person's identity and life circumstances. I am bilingual in English and Spanish.

PROFILE (EMPHASIS)

Trauma and PTSD
Depression
Anxiety
Grief and loss
Anger management
OCD
Domestic violence
Stress-related issues
Mood disorders
Post-partum & Motherhood
Parenting
Substance use/abuse
ADD/ADHD
LGBTQIA+

HOBBIES

Dancing, baking, cooking,
hiking, meditating, arts & crafts,
reading, gardening, journaling
and spending time with family
and friends.

CONTACT

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