



Rose S. Phillips, LMFT

Licensed Marriage and Family Therapist

EDUCATION

Prescott College, Michigan State University
Certified in Infant/Family Clinical Practice

CLINICAL APPROACH

Rose is a Licensed Marriage & Family Therapist. Her focus is to create trusting and supportive relationships in which people feel safe and comfortable to explore their challenges and consider new perspectives. She partners with her clients to assist them in learning new emotional skills they can use to cope and thrive for now but also for the future. The foundations of Rose's approach are Cognitive Behavior Therapy, Mindfulness Based Therapy and Humanistic Therapy. She treats a wide variety of mental health concerns and specializes in areas of trauma, depression, women's issues, and chronic stress. Rose also has extensive training and experience in sexual and other forms of child abuse, infant and early childhood mental health, and post traumatic growth.

ABOUT ME

I am the mom of grown twin boys who are my greatest joy. Anything that involves creativity -- new ideas, new perspectives and new challenges is interesting and exciting to me. I try to "walk the talk" of mental wellness by practicing yoga and meditation every day and I love the energy that gives me. A baseball fan since childhood, I am forever a Detroit Tigers fan, but I love those Chicago Cubs too.

PROFILE

EMPHASIS

Anxiety
Depression
Trauma
Mental Wellness
Maternal Mental Health
Health
Family Systems

HOBBIES

Yoga
Mindfulness
Practice
Cooking
Watching Professional Baseball
Hiking

CONTACT

PHONE: 480-750-0095
WEBSITE: www.aliumhealth.com
EMAIL: office@aliumhealth.com