



Christine Carrillo, LAC

Licensed Associate Counselor

EDUCATION

Roosevelt University, Chicago Illinois
Master of Psychology

CLINICAL APPROACH

Christine Carrillo is a licensed Clinical Therapist from Chicago, IL. She has been living in Phoenix Arizona for the past 5-years. She completed a master's degree in Clinical Psychology, Counseling Practice, and a Doctoral program in Psychology- teaching track, her area of research is in patient motivation and success, Epigenetics and Traumatic Brain Injury. She is a registered yoga instructor. Christine is trained in yoga trauma release therapy, Equine assisted therapy, and she utilizes meditation, mindfulness, DBT, CBT, and cognitive processing as therapeutic modalities in treatment.

Her background includes a specialization in trauma, self-harm, suicidality, substance abuse, and eating disorders. Christine has a plethora of experience and has worked in multicultural communities, with clients of all ages, ethnic backgrounds, and diagnoses.

In her free time, Christine loves riding horses, hiking, practicing yoga, reading, and traveling. She has a passion for helping people to resolve issues, learn positive coping skills, grow, heal, and change.

PROFILE

EMPHASIS

Depression
Anxiety
Trauma
Self-harm
Substance Abuse
Eating Disorders
Yoga Trauma Release
Equine Assisted Therapy
Maternal Mental Health

HOBBIES

Yoga
Reading
Riding Horses
Hiking
Travelling

CONTACT

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