

Christy Lindquist, LCPC

Description:

Treatment specialization includes:

Eating Disorders,
Depression and Anxiety,
Panic Attacks and Phobias,
Trauma and PTSD,
Adjusting to Divorce,
Recovering from Abuse,
Domestic Abuse or Violence,
Sexual and Relationship Problems,
Grief and Loss

People come into therapy for many reasons. Some need to respond to unexpected changes in their lives, while others seek self-exploration and personal growth. When coping skills are overwhelmed by guilt, doubt, anxiety, or despair, therapy can help. Therapy can provide support, problem-solving skills, and enhanced coping for issues such as depression, anxiety, lack of confidence, relationship troubles, unresolved childhood issues, bereavement, spiritual conflicts, stress management, body image issues, and creative blocks. Some of the benefits available from therapy include:

Attaining a better understanding of yourself and your personal goals and values, and
developing skills for improving your relationships

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