



Meet Your School Counselor



**Kati Quigley,
MA, LMHC**
Licensed Therapist

Degrees & Accreditations:

- Master's in Clinical Mental Health Counseling
- Licensed Mental Health Counseling (LMHC)
- Eye Movement Desensitization and Reprocessing (EMDR) Trained

Specialties:

Some of my focus areas are: Trauma, Life Transitions, Divorce, PTSD, Anxiety, Emotional Recognition and Regulation, Adoption, Depression, Anger Management, Body-Image, Grief/Loss, Sexual Abuse, Suicidal Ideations. Trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and ASIST (Applied Suicide Intervention Skills Training)

I work with children (5+).

More About Kati:

"I am passionate about helping kids through whatever challenging life circumstances that have come their way. I approach therapy from a holistic view which incorporates physical, emotional, relational, and spiritual health. I strive to help each child reach their full potential while fostering an empathetic and safe space to open up and heal."



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more about
Kati.

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