

# Meet Your School Counselor



**Susanne Foster, MA,  
LMHCA**  
Master's Level Therapist

## Degrees & Accreditations:

- Masters in Mental Health
- Licensed Mental Health Counselor Associate (LMHCA)

## Specialties:

Some of my focus areas are: ADD/ADHD, Addictions/ Substance Abuse, Adjustment Disorder, Adoption, Anger Management, Anxiety, Bipolar Disorder, Body-Image, Burnout, Chronic Pain Management, Depression, Divorce, Domestic Abuse, Gambling, Grief/Loss, Life Transitions, Parenting, Personality Disorders, Pornography/Sexual Issues, PTSD, Sexual Abuse (Perpetrator), Sexual Abuse (Victim), Suicide, Trafficking, Trauma, and Women's Issues.

I am trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). I work with children ages 5+.

## A Word from Susanne:

"Your struggle does not define you. I can help you take ownership of your circumstances, your emotions, thoughts, and behaviors, and you can overcome the hardships that are holding you back from living the life you once envisioned."



Scan the QR  
code to learn  
more about  
Susanne.