

# Sara Bessette, LMHC



My name is Sara and I believe that therapy involves meeting people where they're at and helping them explore what is meaningful in their lives. Relationships are at the root of the therapeutic process and building a space of trust and safety is how healing can be found.



**Credentials:** Master of science in counseling and development from Texas women's University, master of science in Art Therapy from Syracuse University, licensed mental health, counselor with my diagnostic privilege, certificate in disability studies from Syracuse University

**Experience with the following disorders/specialties:**

Anxiety, Asperger's Syndrome, Autism, Children's issues, Childhood Trauma, Chronic Illness, Chronic Pain, Codependency, Developmental Disorders, Divorce, Domestic Abuse, Domestic Violence Emotional Neglect, Family Conflict, LGBTQ+, Marital and Premarital, Parenting, Posttraumatic Stress Disorder, Relationship Issues, School issues, Self-Esteem, Sexual abuse, Transgender, Trauma, Trust Issues, Women's Issues

**Therapeutic Approaches:** Attachment-Based, Child-Centered Play Therapy, Cognitive Behavioral (CBT), Compassion Focused, Culturally Sensitive, Expressive Arts, Humanistic, Integrative, Interpersonal, Motivational Interviewing, Person-Centered, Strength-Based, Trauma Focused

**Experience Working With:** Toddler, Children (6-10), Preteen, Teen, Adults, Elders (65+)