

ALMA GARCIA, MEd, LPC, PSOTP



My name is Alma Garcia and I am a Licensed Professional Counselor. It is an honor to serve individuals and families and I believe that my spiritual purpose in this world is to be of service to others through counseling and therapy. Life is a journey, with twists and turns – I am here to help guide you in your ride.

I have more than 13 years of experience in the counseling field. I have a Bachelor of Arts Degree in Communication Studies from Eastern Washington University and a Masters of Education in Counseling Degree from Heritage University. My passion is working with children (8years and older), adolescents, families (including blended families), couple's and persons of diverse ethnic/cultural backgrounds. My specialties include issues with **substance abuse, family therapy, depressive disorders, anger management and relationship issues. I am also Bilingual (Spanish speaking).**

My practice style would consist of, but is not limited to Solution-Focused, Choice-based theories and Cognitive Behavioral Therapy. I use a variety of approaches and techniques based on the needs of each individual. I have worked in a variety of settings including an outpatient drug/alcohol center, outpatient mental health agency, medical settings, primary schools (K-12) and college campuses.

Thank you for the honor of helping guide you in this process. I look forward to meeting with you in person.