

LIFEWORKS COUNSELING ASSOCIATES, PLLC

CLINICIAN INFORMATION SHEET

ANNA SHUQOM

BS, MA, MBPsS, LCPC-cc

SHORT BIO		CLINICAL LICENSES	
<p>Anna is an experienced clinician with a diverse and dynamic Mental Health Counseling background through her work with children, families, adolescents, and adults in diverse community settings, such as schools and in-home therapy/outpatient, Neurodiverse Residential programs, Substance Abuse Rehabilitation, and traditional inpatient psychotherapy. Anna's wide range of experience includes Alcohol and Substance Abuse Recovery and Relapse prevention, Trauma-Informed approach, and Play Therapy. Currently, Anna works with people struggling to maintain their internal balance due to anxiety, ADHD, depression, low sense of self, trauma across the lifespan, substance abuse, life adjustments, and any emotional blockages that are manifesting as external conflicts in their lives. Through the use of eclectic and mindfulness-based practice, Anna provides an empathetic and holistic approach to your path to healing to foster greater understanding and relationship with oneself to live a more empowered life.</p>		Licensed Clinical Professional Counselor - Conditional (LCPC-cc) ME	
		EDUCATION	
		Masters of Arts, Mental Health Counseling - Boston College, <i>magna cum laude</i> Certificate in Child and Family Mental Health & Wellness - Boston College Bachelors of Science, Human Development - Wheelock College, <i>magna cum laude</i> Certificate in Community-based Human Services - Wheelock College Certificate in Professional Development in Counseling and Psychology - Lesley College, <i>summa cum laude</i>	
AGES	MODALITY	CLINICAL SPECIALTIES	
<ul style="list-style-type: none"> ● Children (5yrs+) ● Preteens ● Teenagers ● Adults 	<ul style="list-style-type: none"> ● Individuals ● Couples ● Families 	<ul style="list-style-type: none"> ● Addiction ● ADHD ● Alcohol Abuse ● Anxiety ● Autism ● Behavioral Issues ● Bipolar Disorder ● Career Counseling ● Career Issues ● Coping Skills ● Depression ● Divorce Issues ● Drug Abuse ● Dual Diagnosis ● Family Issues ● Grief Reaction ● Life Coaching ● Life Transitions ● Lifespan Issues ● Marital Issues ● Mediation ● Women's Issues ● Military/ Veterans ● Mood Disorders ● Parenting ● Relationships ● Resources ● Self-Esteem ● Spirituality ● Stress ● Substance Abuse ● Suicidal Ideation ● Trauma/ PTSD, C-PTSD 	
EVIDENCED BASED FRAMEWORKS			
<ul style="list-style-type: none"> ● Art Therapy & Color Therapy ● Cognitive Behavioral Therapy ● Dialectical Behavioral Therapy ● Existentialist Therapy ● Humanistic Approach ● Holistic Therapies ● Mindfulness-Based Cognitive Therapy ● Narrative Therapy ● Positive Psychology ● Solution-Focused Therapy ● Strategic Therapy ● Transpersonal Psychology ● Trauma-Informed CBT 			