

LIFEWORKS COUNSELING ASSOCIATES, PLLC

CLINICIAN INFORMATION SHEET

Michele Chapman

BIO

Michele brings years of experience and knowledge to LifeWork. She worked as a clinician in various settings, including: Community mental health, residential treatment programs and as an ISO. Michele has over 10 years of experience working with children, adults and the elderly and 8 years as a clinician. She began her career working as a case manager and quickly transitioned into a clinician role. Michele is experienced with assessment, diagnosis and treatment for individuals in crisis and with an array of mental health issues.

Michele has a thriving interest in helping people reach their health and healing goals that delivers quality mental health care that meets the social and cultural needs of the clients in a way that incorporates exploration of functional strengths and creating a vision that fully describes their purpose and direction. Michele's greatest passion is bringing healing and hope to people who struggle with depression, anxiety and PTSD. Although no single approach is right for every individual, Michele has been trained in various modalities that include: Dialectal Behavior Therapy (DBT), Cognitive Behavior Therapy (CBT), Career Counseling Motivational Interviewing and play therapy.

Michele views therapy as a joint collaboration where our knowledge and skills through discovery can create a new understanding of the individual's experience and self-perception. By engaging in discussions, Michele's intended purpose is to help the client facilitate change, improve communication and resolve conflict to foster hope and resilience.



EDUCATION

- **Granite State College**
 - *magna cum laude*
- **Springfield College**
 - *Summa cum laude*
 - *MS in Mental Health Counseling*

CLINICAL SPECIALTIES

Assessment, diagnosis, treatment planning, treatment & collaboration of care of DSM-5 disorders, including:

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| <ul style="list-style-type: none"> • ADHD • Anger Management • Anxiety • Behavioral Issues • Bipolar Disorder • Career Counseling • Career Issues • Coping Skills • Depression • Family Issues • Grief Reaction | <ul style="list-style-type: none"> • Life Coaching • Life Transitions • Mood Disorders • Parenting • Relationships • Resources • Self Esteem • Spirituality • Stress • Suicidal Ideation • Trauma/ PTSD |
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Ages

- Teenagers
- Adults
- Elderly

Modality

- Individuals

Evidenced Based Frameworks

- Brief Therapy (CBT/Solution Focused)
- Cognitive Behavioral Therapy
- Mindfulness Based Cognitive Therapy
- Person Centered
- Solution Focused Therapy
- Strengths Based
- Life coaching
- Motivational Interviewing
- Dialectical Behavior Therapy