

## Nichole Cooke

BIO	EDUCATION			
<p>Nikki is a passionate clinician who loves to bring knowledge of holistic healing and alternative healing methods. She focuses on balancing the mind, body and spirit as a whole. She grew up in Newark, New Jersey. She graduated from Long Island University Brooklyn with her bachelors in social work (BSW) and completed an advanced standing masters degree in social work (MSW) from University of South Florida. Throughout her years of working, she accumulated the knowledge of serving diverse populations such as at-risk youth, children in foster care, adult inpatient mental health and co-occurring residential substance abuse rehabs. Over the years of being a substance abuse therapist, she observed the significant impact of rewiring the brain and wanted to bring this knowledge to others in their day to day lives. She takes an eclectic approach to therapy, pulling from many different therapy modalities. She like to focus on mindfulness exercises (meditation/visualizations), inner child healing, energy work, self-awareness, accountability, empowerment, self-love, cognitive reframing/refocusing, emotional regulation and staying solution focused. Nikki’s main purpose is to be a part of the healing journey alongside a client while teaching them the tools they need to navigate through life with a more positive and perspective of gratitude. Consciously dedicated to a path of healing, she helps to empower clients in taking charge of their own healing and in doing so can result in experiencing more joy, love, compassion, peace and balance. During sessions, clients would describe her as inviting, understanding, informative and compassionate. She allows her clients to utilize painting/art during sessions and incorporate their spiritual and cultural beliefs. One of her top priorities is to cultivate a sacred space for unguarded growth and vulnerability that heals the mind, body and spirit. Nikki’s favorite quote is “We are spiritual beings having a human experience.”</p>	<ul style="list-style-type: none"> <li>• <b>Long Island University</b> <ul style="list-style-type: none"> <li>◦ Bachelor of Social Work</li> </ul> </li> <li>• <b>University of South Florida</b> <ul style="list-style-type: none"> <li>◦ Masters of Social Work</li> </ul> </li> </ul>			
	<b>CLINICAL SPECIALTIES</b>			
		<p>Assessment, diagnosis, treatment planning, treatment &amp; collaboration of care of DSM-5 disorders, including:</p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Behavioral Issues</li> <li>• Career Counseling</li> <li>• Career Issues</li> <li>• Coping Skills</li> <li>• Depression</li> <li>• Grief Reaction</li> </ul> </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <li>• Life Coaching</li> <li>• Life Transitions</li> <li>• Relationships</li> <li>• Self Esteem</li> <li>• Spirituality</li> <li>• Stress</li> <li>• Suicidal Ideation</li> <li>• Trauma</li> <li>• PTSD</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Behavioral Issues</li> <li>• Career Counseling</li> <li>• Career Issues</li> <li>• Coping Skills</li> <li>• Depression</li> <li>• Grief Reaction</li> </ul>	<ul style="list-style-type: none"> <li>• Life Coaching</li> <li>• Life Transitions</li> <li>• Relationships</li> <li>• Self Esteem</li> <li>• Spirituality</li> <li>• Stress</li> <li>• Suicidal Ideation</li> <li>• Trauma</li> <li>• PTSD</li> </ul>
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	<b>Ages</b>	<b>Modality</b>		
<ul style="list-style-type: none"> <li>• Teenagers</li> <li>• Adults</li> <li>• Elderly</li> </ul>	<ul style="list-style-type: none"> <li>• Individuals</li> </ul>			
	<b>Evidenced Based Frameworks</b>			
	<ul style="list-style-type: none"> <li>• Brief Therapy (CBT/Solution Focused)</li> <li>• Cognitive Behavioral Therapy</li> <li>• Mindfulness Based Cognitive Therapy</li> <li>• Integrative Whole-Person</li> <li>• Person Centered</li> <li>• Solution Focused Therapy</li> <li>• Strengths Based</li> <li>• Life coaching</li> </ul>			