



LIFEWORKS



PROVIDER INFORMATION SHEET

KERRY FINNEGAN

SHORT BIO

Kerry received her BS in communication disorders and then went on to earn a master's degree in both the field of special education and counseling psychology. Kerry also has her certificate in advanced graduate study in the area of counseling psychology. Kerry has worked extensively in the field of education for the last 24 years. She has vast experience with children, adolescents, and family systems. Kerry enjoys working with kids and families in an effort to support them in finding success through life challenges. Through the use of Cognitive Behavioral Therapy, Solution-Focused Therapy, Dialectical Behavior Therapy, and Integrative and Mindfulness frameworks Kerry focuses on the client building skills that assist them with living a happier and healthier life. Kerry has experience collaborating with school districts, court systems, and DCYF. Kerry is proficient in Assessment, diagnosis, treatment planning, treatment collaboration of care of DSM-5 disorders, including: ADHD, Anxiety, Depression, Self Esteem, Parenting Support, Coping Skills, PTSD, Family Conflict, and Dual Diagnosis.

CLINICAL LICENSES

Clinical Mental Health Counselor
LCMHC-C

EDUCATION

Cambridge College

Master's Degree in Special Education & Counseling Psychology

Certificate of Advanced Graduate Studies in Counseling Psychology

CLINICAL SPECIALTIES

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

- Anxiety
- Behavioral Issues
- Career Issues
- Coping Skills
- Depression
- Divorce Issues
- Family Issues
- Grief Reaction
- Life Transitions
- Marital Issues
- Parenting
- Relationships
- Resources
- Self Esteem
- Stress
- Trauma
- PTSD

AGES

- Teenagers
- Adults
- Elderly

MODALITY

- Individuals
- Couples
- Families

EVIDENCED BASED FRAMEWORKS

- Brief Therapy (CBT/Solution Focused)
- Cognitive Behavioral Therapy
- Humanistic Approach
- Mindfulness Based Cognitive Therapy
- Person Centered
- Positive Psychology
- Solution Focused Therapy
- Strengths Based



www.LifeWorksCounselingAssociates.com

help@LifeWorksCounselingAssociates.com

(603) 556-4360