



# LIFEWORKS



## PROVIDER INFORMATION SHEET

### CASEY KIRKLAND

#### SHORT BIO

Casey specializes in supporting adults, adolescents, families, as they navigate life's transitions, emotional challenges, and relationship stress with warmth, understanding, and practical support. With a master's degree in counseling and 17 years of experience, Casey draws from proven approaches—such as Person-Centered Therapy, Trauma-Informed Therapy, CBT, Motivational Interviewing, Brainspotting, and Mindfulness—to nurture growth through the therapeutic connection and clients' inner strengths. His background includes nearly a decade in wilderness therapy as an instructor and field director, along with collaboration with schools, courts, and child welfare agencies to support individuals with ADHD, anxiety, depression, PTSD, low self-esteem, family conflict, and dual diagnoses. Casey's goal is to help clients build lasting change through self-care, healthy relationships, and a collaborative, attuned process.

#### AGES

- Adolescents
- Teenagers
- Adults

#### MODALITY

- Individuals
- Couples
- Family

#### EVIDENCED BASED FRAMEWORKS

- Brainspotting
- Cognitive Behavioral Therapy
- Mindfulness Based Cognitive Therapy
- Motivational Interviewing
- Person Centered
- Personalized Recovery
- Play Therapy
- Strengths Based
- Trauma Informed Therapy

#### CLINICAL LICENSES

Clinical Mental Health Counselor  
LCMHC-C

#### EDUCATION

Prescott College  
*MA in Clinical Mental Health Counseling*

Prescott College  
*BA in Human Development*  
*Minor in Experiential Therapy*

#### 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
- Grief Reaction
- Life Transitions
- Men's Issues
- Parenting
- Relationships
- Resources
- Self Esteem
- Stress



[www.LifeWorksCounselingAssociates.com](http://www.LifeWorksCounselingAssociates.com)

[help@LifeWorksCounselingAssociates.com](mailto:help@LifeWorksCounselingAssociates.com)

**(603) 556-4360**