



LIFEWORKS

PROVIDER INFORMATION SHEET



NICHOLE COOKE

SHORT BIO

Nikki is a fully licensed LICSW who brings a grounded, holistic approach to therapy, focusing on the connection between mind, body, and spirit.

Nikki uses an eclectic style, drawing from mindfulness practices, inner-child work, cognitive reframing, emotional regulation, empowerment, accountability, and solution-focused strategies. Her goal is to work alongside clients as they build tools for daily life, develop healthier patterns, and strengthen their sense of confidence and clarity.

Clients describe her as calm, inviting, and easy to talk with. She welcomes creative expression and supports clients in integrating their cultural and spiritual beliefs. Her priority is creating a space where people feel safe, supported, and understood.

Her favorite quote is: *"We are spiritual beings having a human experience."*

AGES

- Adults
- Elderly

MODALITY

- Individuals
- Couples

EVIDENCED BASED FRAMEWORKS

- Brief Therapy (CBT/Solution Focused)
- Cognitive Behavioral Therapy
- Couples & Marriage Therapy
- Interpersonal Therapy
- Life Coaching
- Mindfulness Based Cognitive Therapy
- Family Systems
- Motivational Interviewing
- Solution Focused Therapy
- Strengths Based

CLINICAL LICENSES

Licensed Independent Clinical Social Worker (LICSW)

EDUCATION

Bachelor of Social Work
Long Island University

Masters of Clinical Social Work
University of South Florida

CLINICAL SPECIALTIES

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

- Anxiety
- Behavioral Issues
- Career Issues
- Coping Skills
- Couples Counseling
- Depression
- Divorce Issues
- Grief & Bereavement
- Life Coaching
- Life Transitions
- PTSD
- Self Esteem
- Spirituality
- Stress
- Trauma
- Veterans



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