



*Beth Watkins*  
MA, LCMHC, LCASA, NCC

Beth received a BA in psychology from Eastern Illinois University in Charleston, Illinois, and a MA in pastoral counseling at Lincoln Christian University in Lincoln, Illinois. She is a Licensed Clinical Mental Health Counselor (#14358) and Licensed Clinical Addiction Specialist Associate (#LCAS-A-24211) in the state of North Carolina. Her counseling expertise includes the areas of trauma, anxiety, depression, mood disorders, ADHD, Autism, substance abuse, grief, and adjustment.

Beth utilizes a holistic approach to working with her clients. She strives to establish and maintain a counseling relationship characterized by respect and collaboration. Therapy provides a safe and supportive place to process and discover new insights. She is passionate about working with couples, singles, and adolescents who are adjusting to life's challenges, need a little help meeting their life goals, or just want to develop spiritually. Beth also provides substance abuse and addiction counseling. She uses a cognitive behavioral approach and has experience using Trauma Focused Cognitive Behavioral Therapy, Mindfulness, Dialectical Behavioral Therapy, and Motivational Interviewing.

As a Christian counselor, Beth conducts her counseling from a Biblical perspective where Christ provides the healing. She relies on the Holy Spirit to lead the session through the therapeutic relationship. Of course, she will meet each client where she is spiritually and will only include spiritual components at the client's level of comfort.