



Casey West
MA, LCMHC-A

Casey West earned a Bachelor's Degree in Psychology from Meredith College in Raleigh, NC, and a Master's Degree in Professional Counseling from Liberty University in Lynchburg, VA. She is a Licensed Clinical Mental Health Counselor Associate (#A14749) in North Carolina.

Casey has experience working with children, adolescents, adults, and families with trauma, anxiety, depression, body image/self-esteem, anger management, problematic behaviors, and stress management. Casey uses an integrated approach to counseling depending on the specific needs of the client. She is currently in the process of becoming certified in Trauma-Focused Cognitive Behavioral Therapy and Problematic Sexual Behavior Cognitive Behavioral Therapy for the School-Aged Child (both group and family models).

Casey believes that true healing comes from the Lord, and it is her desire to be His instrument to assist girls and women in their journey of healing. She provides counseling from a Biblical perspective to help others grow in all areas of their lives and to be able to find fulfillment and joy. However, Casey wants the client to feel comfortable and will not ever impose personal views or beliefs on a client.