



*Connie Brown*  
MS, LCSWA

Connie Brown received a Bachelor's degree in 1992 in Social Work from Bennett College and a Master of Science in Education (M.Ed.) in 2004, from North Carolina Agricultural and Technical State University, both in Greensboro, NC. Most recently, Connie received a Master of Science in Social Work (MSW) from Simmons University, Boston, MA. She is a Licensed Clinical Social Worker-Associate (License #P015325).

Ms. Brown has experience treating individuals with depression, anxiety, trauma, and anger management. She is trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and has over 20 years of experience working in both the mental health and social work fields, with many years of training related to trauma and crisis experiences.

Connie enjoys working with adolescents (ages 13-17) and individual adults (age 18 and over). Her primary therapeutic method is Cognitive Behavioral Therapy (CBT) which looks at how your beliefs, feelings and self-talk influence your behaviors. In addition to CBT, I use Solution-Focused Therapy, empowering individuals to focus on current and future solutions while identifying goals and resources for a strengths-based approach to enhancing their quality of life.

As a Christian/biblical counselor, Connie is committed to the authority and sufficiency of Scripture, seeking to look at human problems from the perspective of God's Word. She holds to the belief that God is the One who changes people and sees herself only as an instrument in the hands of the One who can create change superior to anything a counselor or counselee could ask or imagine.