



## *Desirée Briggs* MA, LCMHC

Desirée Briggs was born and raised in Washington, DC. Desirée earned a BS in Business Management with Concentrations in Music & Theater from Guilford College in Greensboro, NC. She earned an MA in Professional Counseling and an MA in Discipleship Ministries, both from Liberty University. She is a Licensed Clinical Mental Health Counselor in the state of North Carolina.

Desirée's counseling experience includes working with individuals and couples experiencing anxiety, ADHD, anger issues, crisis counseling, stress management, women's issues, spiritual issues, life transitions and balance, relationship & marital issues, and group counseling. Biblical principles, prayer and music are commonly integrated in her therapy. Desirée uses an eclectic approach but primarily leans toward a Cognitive Behavioral (CBT) approach to therapy along with Motivational Interviewing (MI) and some Dialectical Behavioral (DBT) skills and Brainspotting (BSP) skills. She also enjoys helping Clients to understand their strengths and weaknesses through the lens of the Enneagram.

Desirée enjoys counseling because of her heart to serve others and to help make a difference by providing understanding about what keeps us bound, stagnated and afraid; and to motivate others to live an authentic and purpose filled life. Desirée endeavors to support families/couples and individuals by providing a safe place to explore thoughts and feelings and to practice skills taught for the betterment of your personal development and interpersonal relationships. She uses the gifts of wisdom, prayer, and discernment; while filtering everything through the word of God. Desirée is thrilled to be a part of the Restoration Place Counseling Staff, a place where she can participate in a community of supportive and encouraging believers while allowing God to freely use her to serve His people.

Desirée is married to her husband Donta Briggs and has one young son. Together with her husband, she serves in her church in the Media Department. Her leisure activities include reading, writing, puzzles, photography and social media management.