

## *Desirée G. Briggs, LPC*

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



Desirée has experience in many areas of counseling such as anxiety, ADHD, anger, 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.

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 move forward by learning better coping skills. 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 improvement in confidence in order to live out an authentic and abundant life. 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 Donta Briggs and has a one-year-old son. Together with her husband, she serves in her church in the Media Department and Music Ministry.