



## *Holden Ehlinger*

MS, LCMHCA, CRC

Holden Ehlinger earned a Bachelor's Degree in Economics and Management and Society from the University of North Carolina at Chapel Hill, and a Master's Degree in Clinical Mental Health Counseling from the University of North Carolina at Greensboro. She is a Licensed Clinical Mental Health Counselor Associate in the state of North Carolina (license #A14938) and a National Certified Counselor (#1232244). Holden's areas of experience include but are not limited to working with individuals struggling with grief/loss, identity issues, family of origin, depression, boundaries, guilt/shame, and anxiety.

Holden believes that as persons become more aware of their own story (history), thoughts, behaviors, emotions and beliefs, they have increased ability to face challenges and overcome difficulty more successfully. Her goal is to work collaboratively with her clients to help them find alternatives to address the challenges that they face. Holden utilizes a blended approach, including but not limited to aspects of cognitive-behavioral (CBT), psychodynamic, mindfulness, and person-centered lenses. She seeks to work with her clients, taking into consideration their strengths and needs, in order to create a collaborative and holistic therapeutic approach. She is honored by the opportunity to sit across from her clients and hold parts of their stories in order to promote healing and growth.

Holden believes spirituality can be a powerful vehicle for healing. She feels strongly about incorporating a Christ-centered perspective in a way that brings healing to the client, but does not simplify or diminish their experience. Holden will always meet a client where she is spiritually and will never impose her beliefs on a client.