



Holden Ehlinger
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Emily received a Master of Science in Clinical Rehabilitation and Mental Health Counseling from the University of North Carolina at Chapel Hill. She is a Licensed Clinical Mental Health Counselor (#13628) and Certified Rehabilitation Counselor (#00280551) in the state of North Carolina. Her experience includes working with individuals experiencing trauma, anxiety, depression, schizophrenia, substance use, high levels of stress, academic and employment issues, grief, and adjustment.

Emily utilizes an eclectic approach to therapy and applies the treatment that works best for her clients to accomplish their goals. Her approach will likely include aspects of cognitive-behavioral, mindfulness, narrative therapy, solution-focused, and cognitive processing therapies. However, Emily primarily uses cognitive-behavioral therapy (CBT) principles with her clients. CBT is an evidenced-based practice, which explains how our thoughts, behaviors, and emotions are all connected. Through this approach clients are able to identify unhelpful thoughts, challenge their thoughts, and change behaviors to improve emotional regulation.

As a Christian Counselor, Emily conducts her counseling from a biblical worldview as she relies on the Holy Spirit to work through her to help her clients. However, she will always meet her clients where they are spiritually, allowing the client to choose how many or few components of Christianity are to be incorporated into the counseling sessions.