



## *Hope Howard* LMFT-A

Hope Howard received a Bachelor's degree in Psychology and a Master's degree in Marriage and Family Therapy both from Lee University in Cleveland, TN. She is a Licensed Marriage and Family Therapy Associate (LMFTA) in the state of North Carolina (license #2297A). Hope's areas of expertise include, but are not limited to, family and relational issues, parenting skills, anxiety, depression, stress management, phase of life issues and couples counseling.

Hope believes in a client-centered approach, which means clients set the goals of therapy while the counselor chooses the best interventions to help clients achieve their goals. Hope sees each client and family through a Family Systems Theory lens, meaning each person is emotionally and relationally impacted by the people in their family unit, whether they are present in therapy or not. In therapy, Hope will help you explore how your closest relationships impact the way you understand yourself and relate to others. She believes having an opportunity to share your story and gain a greater understanding of your emotions in a safe, non-judgmental setting can have a profound impact in the healing process.

Hope believes that people experience positive change through restorative relationships and the ultimate example of that is through having a relationship with God. She considers being a therapist an honor and a true calling from God and desires for each person and family she meets with to experience what it is like to feel known and loved regardless of their struggles. Hope is passionate about blending the knowledge of Psychology and the truth of Scripture to more deeply understand God as the Creator of both. However, she feels clients should have the ability to decide how much faith and spirituality is integrated into their therapeutic experience.

Hope is married and lives with her husband. In her free time, she enjoys spending time with her family, being involved in her church, reading, watching sports with her husband, running and going on road trips.