



LaVerne H. Collins PhD, LCMHC, NCC

LaVerne Hanes Collins holds a BS in Management and Communications from Syracuse University, an M.S. Ed. in Community Counseling from Duquesne University, and a PhD in Christian Counseling from South Florida Bible College and Theological Seminary. She has over 20 years clinical experience and holds interests in the areas of anxiety, time-management, depression, trauma, stage of life issues and adjustments problems, career and vocational concerns, domestic violence and abuse, and couples issues (including marriage, divorce, infidelity, remarriage and blended family concerns).

Specifically, LaVerne has a passion for diverse populations and multicultural interests. She is sensitive to the challenges faced by women of color in today's society and the unfortunate stigma often associated with counseling among diverse racial, ethnic and cultural groups. LaVerne understands that sharing one's problems with a stranger is an act of courage, and she strives to always create a safe space for those courageous conversations with clients to happen.

LaVerne is a proponent of bio-psycho-social-spiritual health and enjoys seeing clients benefit from whole-person, integrative approaches to wellness. Her primary therapeutic modality is Cognitive-Behavioral Therapy (CBT) to help clients examine how their underlying beliefs shape their thoughts, feelings and actions. She sometimes uses Narrative Therapy to help clients write and rewrite their stories. LaVerne is also trained through Level 3 in Gottman Therapy Methods for couples counseling.

Finally, and most importantly, LaVerne believes that every life has a God-given purpose and each of us is uniquely equipped by God for the fulfillment of that purpose. LaVerne describes her purpose as "helping people develop and embrace new responses to life." Sometimes these new responses are in relation to our situations, ourselves, our relationships, or to the Lord and His Word. She believes that God's Word holds the key to those new responses, and in the power of His might, we can thrive in newness of life!

Prior to moving to North Carolina to serve as Program Director and Interim Vice President for the National Board of Certified Counselors Foundation and Professional Services Division, LaVerne owned and managed an Atlanta-based private practice and clinical training agency. She and her husband are both ordained ministers and are active in leadership as associate ministers in their local church in Greensboro.