



Elizabeth Newton
MA, LCMHC, LCAS

Liz Newton earned a Bachelor's Degree in Bible Theology and Christian Counseling from John Wesley College in High Point, NC, and a Masters Degree in Professional Counseling from Liberty University in Lynchburg, VA. She is a Licensed Professional Counselor (#10585) and a Licensed Clinical Addictions Specialist (#22551) in North Carolina. Liz is a member of the American Association of Christian Counselors (AACC) and the Licensed Professional Counselors Association of North Carolina (LPCANC).

Liz has experience in working with children, adolescents, adults, couples, and families with depression, anxiety, bipolar, marital issues, substance use, and adjustment to various life experiences, as well as personality disorders. Liz takes an eclectic approach to counseling, which often includes, but is not limited to cognitive-behavioral, person-centered, and solution-focused brief therapy; as well as offering counseling from a biblical worldview. Liz is trained in the use of Motivational Interviewing, Seeking Safety, and in DBT skills; however, her approach in therapy will depend on the unique needs of her clients and their personal goals for therapy.