



Patricia S. Holsclaw
MA, LCMHC, ATR

Pat Holsclaw earned her Master's in Expressive Arts Therapy from the University of Louisville in 1990, with concentrations in Medical/Grief counseling and Group Therapy. She has been a Licensed Professional Counselor in North Carolina since 2011. Pat has spent much of her career working in areas of loss (including abuse, domestic violence, and bereavement). Her experience working with adolescents and adults include grief/loss, medical illness, trauma, depression, anxiety, life transitions, anger/stress management, and group counseling.

Pat uses an eclectic therapeutic approach in counseling derived from her training in psychodynamic, trauma-informed, cognitive-behavioral, person-centered and strength-based theories, as well as Expressive Art Therapies, when appropriate. As an expressive arts therapist, Pat believes that the creative process involved in artistic expression can aid persons in resolving conflict, improving interpersonal skills, managing problematic behaviors, and achieving personal insight. Art therapy also provides an opportunity for clients to enjoy the life-affirming pleasures of art making. For the client who has the opportunity to work with Pat, absolutely no art experience is required!

Pat has also received training and is in the process of becoming certified in Brainspotting. Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms. Brainspotting is a simultaneous form of diagnosis and treatment.

Finally, Pat's therapeutic approach is rooted in her Christian faith as she walks alongside her clients to help them become fully developed in all aspects of life. Pat's desire is to accompany girls and women as they explore their unique God-given talents and abilities and embrace their personal strengths and limitations.