



Sheri Peachey
MA, LCMHC, NCC

Sheri Peachey earned a BS in Organizational Management from Colorado Christian University and an MA in Counseling and Human Services from the University of Colorado in Colorado Springs. She is a Licensed Professional Counselor (# 5134) in North Carolina and a National Certified Counselor (#209154). Sheri has 16 years of counseling experience.

Sheri's clinical experience includes individual, couples, and family therapy and providing pre-marital counseling using Prepare and Enrich. In addition, she enjoys facilitating "Boundaries" and "Codependency" groups, or working with individuals struggling in these areas. She has received training in Eye Movement Desensitization and Reprocessing (EMDR) therapy, which is an intervention utilized to treat trauma and other counseling related issues. Sheri also has concentrated training in Emotionally Focused Therapy (EFT) for couples. She is a member in good standing of the American Counseling Association and American Association of Christian Counselors.

Sheri takes an eclectic approach to people's problems. She utilizes aspects of cognitive, psychodynamic, behavioral, or solution-focused therapy, depending on the unique presenting problem of each client. Additionally, Sheri utilizes a Christ-centered biblical approach in helping a person to become fully developed in all aspects of life. However, Sheri will always meet a client where she is spiritually and will never impose her beliefs on a client.