

Aleasha Mitchell

LCMHCA, MA, NCC

Aleasha obtained a Master's of Arts in counseling from Northwestern State University in Natchitoches, Louisiana in 2018. She is a Licensed Clinical Mental Health Counselor Associate (LCMHCA #A16604), a National Certified Counselor (NCC #1271894), and a Certified Guidance Counselor (CRT #608312). She has provided counseling services for a total of 5 years.

Aleasha has worked with a diverse group of clients across the lifespan. She has experience with Attention Deficit Hyperactivity disorders, Autism spectrum disorders, disordered eating, oppositional defiant disorder, phobias, chronic illness, sleep deprivation, and mood disorders. She currently sees individuals, couples, and families age 5 and up.

Aleasha uses cognitive behavioral therapy and adapts to the needs of each client, using theories and interventions from EMDR, Solution Focused Therapy, Acceptance and Commitment, Christian Counseling, Motivational Interviewing, Person-centered, Psychodynamic, Trauma Focused, and Play Therapy.

Aleasha has training and experience working with adults and children, couples, and families in the following areas:

- ADHD
- Autism
- Behavioral Issues
- Bipolar Disorder
- Chronic Illness
- Divorce
- Eating Disorders
- Education/Learning disabilities/School issues
- Family conflict
- Grief
- Obsessive compulsive (OCD)
- Parenting
- Personality disorders/Mood disorders
- Self harming
- Sexual abuse
- Spirituality
- Substance abuse
- Trauma and PTSD
- Women's issues