

Kimberly Miller

MS, LCMHC, NCC

Kimberly obtained her Master's Degree in Mental Health Counseling from Nova Southeastern University in 2013. She has been practicing since 2014 as a Licensed Clinical Mental Health Counselor in North Carolina (#10724) and certified as a National Certified Counselor since 2015 (NCC#:326398). In addition, she obtained a Master's Degree in sociology in 1992 from the University of South Florida and worked in the field for 20 years providing case management, advocacy and supportive services to diverse population of individuals and families.

Kimberly has worked with a wide range of issues, including families indicated for abuse and neglect, HIV/AIDS, and victims of domestic and sexual abuse. Her areas of specialty include anger management, trauma, behavioral issues, relationship concerns, self esteem, anxiety, depression, developmental transitions, grief, and women's issues.

Kimberly uses an integrated approach to counseling with various interventions tailored to you, including cognitive process therapy, cognitive behavioral therapy, motivational interviewing, and mindfulness/meditation. She has also completed 200 hours of teacher training for using Yoga for Mental Health Issues, which focuses on breathing, mindful movement, and meditation.

Kimberly has training and experience working with adults in the following areas:

- Anxiety/depression
- Anger management
- Behavioral issues
- Bipolar
- Divorce/relationship issues
- Trauma/PTSD
- Emotional disturbance
- Grief
- Sleep/insomnia
- Women's issues
- Postpartum/pregnancy/parenting
- Self esteem