

Sophie Young

MA, LCMHCA

Sophie obtained a Master's of Arts (MA) in Clinical Mental Health Counseling from Wake Forest University in May of 2022. This program required 2 years of counseling coursework, a semester long Practicum Experience (Family Solutions, spring 2021), and one year long Internship Experience (Guilford College from August 2021-May 2022). She became a Licensed Mental Health Counselor Associate (#A18441) in North Carolina in January 2023 and is currently pursuing full licensure as a Clinical mental Health Counselor in North Carolina.

Sophie has provided individual counseling services to children, adolescents, college students, and adults, primarily focusing on anxiety, depression, ADHD, trauma recovery, alcohol and substance abuse screening and brief intervention, academic and career stress and goals, relationship concerns, grief and loss, identity issues, and developmental and transition issues.

Sophie primarily practices a Person-Centered theoretical orientation, but she has experience working with Cognitive Behavioral Therapy techniques, Mindfulness Interventions, a Strengths-Based Approach, and Motivational Interview techniques.

Sophie has training and experience working with individual adults and children 11-22 years old in the following areas of concern:

- Anxiety
- Stress
- Academic stress
- Career Stress
- Relationship concerns
- Identity issues
- Developmental/Transitional issues