

Kathryn Stack, LCHMC

Life is hard sometimes. Whether it's realizing that aspects of childhood trauma continue to impact your life in unwanted ways, or maybe you're dealing with a major set-back like a significant loss or medical diagnosis. I will help you tap into your inner strengths by working with you to learn, develop, and utilize enhanced coping strategies.

I believe that everyone has the capacity to heal and grow in ways that they desire, even if you doubt yourself at times. I have a keen ability to observe and utilize the strengths I see in my clients. I excel in using and adding on to those strengths to help you work towards and eventually realize your personal goals and true potential.

I get it; you want to feel better NOW so that you can move forward in your life. I am trained in a variety of therapeutic modalities that are proven to help decrease negative emotions like depression and anxiety, or the effects from past traumatic experiences. I am trained in EMDR (Eye Movement Desensitization and Reprocessing) along with a variety of other CBT (Cognitive Behavioral Therapies) and DBT (Dialectic Behavioral Therapy) that have proven success in helping to reduce distress. So, let's tackle these issues together so that you can have the meaningful and contented life you want and deserve.

As a Licensed Clinical Mental Health Counselor (LCMHC) I have over 20 years' experience in the counseling field, specializing in helping those struggling with the sequelae of trauma related issues (physical, sexual, emotional) and I have experience in utilizing a trauma informed approach to eating disorders. I earned my MA from Rivier College in NH and achieved a post-graduate certification in the Clinical Assessment and Treatment from Boston University in MA.

Throughout my career, I have worked in a variety of settings including private practice, non-profit agencies, and several hospitals in both NH and MA providing both direct care and management. My areas of specialty include: Post Traumatic Stress Disorder (PTSD), Trauma, Depression, Anxiety, Attention Deficit Disorder, Mindfulness, Integrated Healthcare (integration of mind/body – physical/psychological), LGBTQ+ and gender related concerns, co-occurring mood and anxiety disorders, and chronic health issues including pain and stress.