

Hello! My name is Patricia Alvarado and I am a Licensed Professional Clinical Counselor (LPCC) in the state of California and a Licensed Mental Health Counselor (LMHC) in the state of New York. I received my Masters of Arts in Counseling from Loyola Marymount University in California and have over nine years of extensive training in crisis intervention and trauma treatment working within community mental health agencies, with Victims of Crime through the state of California, managed care organizations, and private practice.

My experience comes from various schools of thoughts, through a multicultural lens that includes Eye Movement Desensitization Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), and Solution Focused Treatment utilizing a strengths-based approach. Through these modalities, I am able to work with a variety of clients that experience a range of emotions from anxiety and depression to trauma and life transitions. This unique approach allows me to work with each client in the here and now, in order to work together to create a treatment plan that benefits you based on your needs.

I have experience working with parenting, anxiety, depression, mindfulness, substance abuse, women's issues, relationships, crisis intervention, and trauma focused treatment, especially during times of uncertainty. My areas of expertise include exploring trauma as well as parent/child relationships using a didactic approach to help parents and children effectively work together and have better relationships within the home environment.

Ultimately, my work aims to understand the underlying concerns that are causing stressful situations and mal-adaptive behaviors. Through active listening, approaching things with empathy, and from a non-judgmental standpoint, my hope is that we can work together to help create trust within the therapeutic relationship.