



**LaKisha Suber, MA**

**Licensed Professional Counselor Associate**

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Lakisha Suber is a Licensed Professional Counselor Associate (#A10749) through the North Carolina Board of Licensed Professional Counselors and a Licensed Clinical Addictions Specialist Registrant (#20514) through the North Carolina Substance Abuse Professional Practice Board. Lakisha graduated with Academic Honors and earned a Master of Arts degree in Counseling, with an emphasis in professional mental health counseling, from Webster University. She was granted this degree in May 2013.

She has approximately one year of direct counseling experience and over fourteen years of Behavioral Health experience and vast knowledge in working with Individuals with varies severe and persistent mental illness, intellectual and developmental disorders, and substance abuse needs. Her direct counseling skills include providing Psychotherapy services to individual adults, adolescents, children and families with psychological, emotional and behavioral needs related to various mental health, intellectual and developmentally disabled and substance abuse disorders. She has also provided Group Counseling in a Psychosocial Rehabilitation program to adults with severe and persistent mental illness. Her special interests include working with individuals, families, couples, and groups who are experiencing issues such as domestic violence, relationships, parenting, grief and loss, anxiety and stress management, phobias, polysubstance abuse, depression, ADHD, Autism and other intellectual and/or developmental disabilities and dual diagnoses of developmental disabilities with mental health and/or substance abuse disorders.

Lakisha's theoretical orientation is an integrated approach of cognitive behavioral therapy and family systems theory, utilizing some play therapy techniques. She believes in helping the client to identify the problem and then help the client to adjust their maladaptive beliefs and behaviors. Lakisha also believes that once distress in a family has decreased the overall family relationships will improve.