

### **Tara McDaniel, MA, LCMHC**

Tara McDaniel received her Master of Arts Degree in Counseling, with an emphasis on Community Counseling, from The University of North Carolina at Charlotte. She currently serves as an outpatient therapist in our Charlotte office. Tara is a strong advocate for mental health and wellness. She finds value in helping clients examine, understand, and transform thoughts, behaviors, and patterns that may be limiting their growth. Cognitive Behavioral Therapy is the foundation for her helping clients effect positive changes in their lives. She also incorporates skills and interventions from other therapeutic modalities, to include Brief Solution Focused Therapy, Reality Therapy, and Play Therapy. Tara has over 20-years of experience in mental health and has experience working with children, adolescents, and adults in individual, parent, and family settings. Depression and mood issues, anxiety and stress, and self-esteem are key areas of focus for Tara.