**Thorington Counseling Services PLLC**

**Catherine Thorington MA, LPC**

**(989) 802-2883**

**catherine@thoringtoncounselingservices.com**

**Practice Description and Disclosure Statement**

**My Education & Credentials**

I have a Master of Arts in Counseling, from Spring Arbor University, and a Bachelor of Science degree in Multidisciplinary Studies (double major in Christian counseling and Psychology) from Liberty University. Prior to attending Liberty University online, I studied psychology and sociology at Mid- Michigan Community College and Central Michigan University.

During my undergraduate and graduate studies my primary interest was in human development from birth to death. I took classes covering life span development, grief, trauma, group therapy, art therapy and cognitive behavior therapy.

 During my graduate studies I completed a 300-hour practicum and a 600-hour internship at, Christian Counseling of Mid-Michigan. During my internship, I worked with a variety of mental health issues; anxiety, depression, anger, grief, conflict resolution, un-forgiveness, attachment, health issues, relationship issues, marriage and divorce. The populations that I worked with were multi-cultural ranged in age from years 2 old to late sixties. I worked with children, couples, singles, of both genders. After graduating from Spring Arbor, I was offered a counseling position with Christian Counseling of Mid- Michigan (CCMM) as a Limited Licensed Professional counselor. I worked for CCMM while attaining my full licensure, became certified as a premarital counselor for Prepare and Enrich, and honing my counseling skills. In August 2019 I opened Thorington Counseling Services and became a private practice sole proprietor.

**Description of Practice:**

My approach to counseling is a holistic model based on the integration of Christianity, Psychology, and multiculturalism. I recognize that people are a multi-faceted consisting of; cultural, physical, mental; emotional, and spiritual characteristics. In order to achieve harmony, and fulfillment each aspect of the person must be in balance.

Counseling strategies are creatively tailored to the individual client needs, allowing for short-term and long-term therapies.

The following address is provided in the event that you the client wish to file a complaint regarding counseling services received by Catherine L Thorington;

Michigan Department of Licensing and Regulatory Affairs

 Enforcement Division Allegations

 Section cox 30670

 Lansing, MI 48909 (517) 373-9196