

I am excited to apply for the counseling position where I can use my experience in motivational interviewing and cognitive behavioral therapy to support clients of all ages in overcoming challenges and building resilience.

In my previous role, I worked with adolescents struggling with anxiety. Using motivational interviewing, I helped them identify personal goals and develop strategies to manage stress, which improved their engagement in therapy.

I have successfully guided clients through cognitive behavioral therapy to improve change talk and cognitive reframing techniques that enabled them to reframe negative beliefs and thoughts to regain control over their lives.

I tailor my counseling techniques to meet the unique needs of children and adults, ensuring that interventions are age-appropriate and culturally sensitive. This adaptability has allowed me to build trust and foster meaningful progress with diverse clients.

I regularly participate in workshops and supervision sessions to refine my skills in motivational interviewing and cognitive behavioral therapy, staying informed about the latest research and best practices.

I look forward to the possibility of bringing my counseling skills and dedication to your team, supporting clients through compassionate and effective therapy.