



**Nina Sullivan**  
LCMHCA, NCC

## About Nina Sullivan.

Nina Sullivan is a Licensed Clinical Mental Health Associate in the state of North Carolina and a Nationally Certified Counselor through the National Board of Certified Counselors. She received a Bachelor of Arts in Human Development and Family Studies from the University of Connecticut and completed a Master of Science in Clinical Mental Health Counseling through Walden University.

She has worked in various mental health settings with different populations, including therapeutic foster care, psychiatric residential treatment, private practice, and remote guidance consulting for employee assistance benefits. Her therapeutic approach with clients incorporates both person-centered and cognitive behavioral principles and methods. Empathy, active listening, and unconditional positive regard enable her to develop trust and rapport with clients, while CBT techniques such as guided discovery, cognitive restructuring, and mindfulness encourage clients to confront irrational thought processes that may compromise their ability to develop a healthy self-concept and reach their full potential. By utilizing these skills, she is able to assist clients in combating personal obstacles in a productive and therapeutic manner.

Throughout her career, she has worked with children and adults impacted by mental health diagnoses related to anxiety, depression, trauma, as well as neurodevelopmental, neurocognitive, and conduct-related conditions. She has extensive experience and thoroughly enjoys working with children and adolescents with significant individualized emotional and behavioral needs, as well as individuals pursuing trauma-focused treatment.

She is also a certified fitness boxing coach and believes it can serve as a great outlet for those who are experiencing difficulties with mood and emotional regulation.

In her spare time, she loves traveling, going on adventures with her dog, working out, attending concerts, playing volleyball, boxing, paddle boarding, practicing yoga, and spending time with family and friends.

She believes that helping others is the best way to help and better oneself, so she does her best to take advantage of volunteer opportunities within the local and surrounding areas. She is very excited to start serving the local community in a clinical capacity as an outpatient provider with SBC.