



Teresa Durstine
LMHC

About Teresa Durstine.

Teresa Durstine is a dedicated Licensed Mental Health Counselor with a wealth of experience in guiding individuals through life's challenges, including trauma, anxiety, depression, and grief. Currently pursuing a Ph.D. in Psychological and Counseling Studies with a specialization in Crisis and Trauma, she is passionate about creating a compassionate and supportive environment for her clients.

Teresa employs a trauma-informed and person-centered approach, collaborating with both adults and children to craft personalized treatment plans tailored to their unique circumstances. She utilizes evidence-based practices, including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), motivational interviewing, and trauma-informed modalities such as Eye Movement Desensitization and Reprocessing (EMDR). Her goal is to empower clients to identify their strengths and navigate their healing journeys effectively.

With a commitment to fostering resilience and promoting mental well-being, she is dedicated to helping her clients achieve their therapeutic goals. She believes in the transformative power of therapy and is honored to accompany individuals on their path to healing and growth.