

THE BIBLE CHAPEL - RECOMMENDED COUNSELOR

TRACY LEE, NCC, LPC



Tracy has a Bachelor of Arts in Psychology from California University and a Master of Science in Business and Industry Counseling [EAP]/ Community Agency Counseling.

She has over 25 years of experience in the counseling field, providing comprehensive counseling services to individuals, couples and families of all ages. She offers a holistic approach which focuses on all aspects of your well-being. [Mental/Physical/Spiritual] She believes in a client centered approach in which you determine your own goals, and together develop a treatment plan to reflect your hopes in the counseling process.

Tracy specializes in a variety of evidenced- based theoretical approaches to counseling, including CBT or Cognitive Behavioral Therapy. Specialties include, but are not limited to, Anxiety, Depression, Family and Couples Counseling, Faith-based Counseling, Addiction problems, Bipolar and Mood disorders, Stress Management, Developmental Disabilities and ADHD, Psychiatric Rehabilitation, Trauma, Eating Disorders, Domestic Violence and Women's issues, Weight Loss, Assertive Communication Skills, and overall Self-Esteem Enhancement.

For more information, contact counseling@biblechapel.org.