

Nicole Sheerin - Bio

Education: Nicole began her studies at SUNY New Paltz where she obtained a Bachelor's degree in Psychology. Nicole continued her education and graduated with a Masters in Clinical Mental Health Counseling from Marist University.

Previous Experience: Nicole has experience providing individual counseling to children and adults navigating trauma, stress, crisis interventions, and challenging life experiences. Prior to becoming a mental health counselor, Nicole worked as an educator for children which focused on personal safety, self-esteem, and recognizing signs of child abuse or unsafe situations.

Areas of Focus: Nicole is interested in working with individuals across different stages of life, from children to adults. Areas of focus include anxiety, depression, self-esteem, emotional regulation, life transitions, LGBTQ+ populations, and trauma.

“Nothing can dim the light which shines from within.”

- Maya Angelou