

Education: Licensed Mental Health Counselor (LMHC), MS in Mental Health Counseling from PACE University and BA in Psychology from Mount Saint Mary College.

Previous Experience: Catherine M. Ugalde, LMHC is an experienced Licensed Mental Health Counselor dedicated to improving the mental health of others. Catherine has clinical experience working with clients in settings such as congregate care settings, in-patient, and out-patient environments with a wide array of symptoms and disorders. Some of these areas include; difficulty adjusting to transitions in differing phases of life, sexuality, self-esteem, social skills, self-harm behaviors, mood disorders, trauma, anxiety, grief, and depressive disorders.

Areas of Focus: Through the provision of individual and family counseling services, clients are empowered to overcome challenges they may face causing areas of functional impairments. Catherine applies various evidence-based practices and treatment modalities adapted to meet the unique needs of each individual including; Cognitive Behavioral Therapy, Dialectical Behavioral Therapy and Collaborative Problem Solving. Individuals are struggling more than ever before with adjusting to the constant fluctuations and changes of the current times we live in. During these periods of uncertainty, having a safe and welcoming space to express and collect one's thoughts while also learning healthy coping skills can provide a sense of relief and much needed consistency. Life can be challenging enough at times, receiving quality supportive services doesn't have to be. Together we can work to navigate the tumultuous and often unexpected twists and turns of life, it starts with you taking the first step in asking for help.