



Mitchell Berry, MS, PLMHP, CGCS  
Mindful And Behavioral Connection, Compassion & Counseling

Great Oaks Counseling LLC  
13906 Gold Circle, Suite 202  
Omaha Nebraska 68144

531 230-8010 x 105

## Meet Mitchell Berry, MS. PLMHP, CGCS

During times of stress and uncertainty, it may be difficult to get through the day, go to work, or be present with your loved ones. On top of that, these uncertain times can trigger anxiety, overwhelming emotions, and cause us to feel "stuck".

Therapy provides an opportunity to find hope for the future, find joy and happiness, stability, and a sense of meaning or purpose in a rapidly changing world. I believe that everyone deserves a nonjudgmental, compassionate, and empathetic therapeutic experience.



I use a holistic, mindfulness-based approach to tailor to your needs and discover what truly works for you. By truly hearing you and understanding your situation, we can collaborate on treatment that suits you and move toward self-compassion and stability.

I've worked with a wide variety of folks in a wide variety of settings, including community mental health agencies, correctional settings, and with child and family services, so I am more than willing to lend my expertise to your treatment and collaborate with other treatment providers. Therapy is the first step toward making the change you'd like to see in your life, and I'd be humbled and honored to be part of that process.

