



North Wind Behavioral Health

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Elizabeth A. Kraska

Licensed Professional Counselor
Alaska License #PCOP394
National Provider Identification # 1871636597

Education:

<u>DEGREE</u>	<u>YEAR</u>	<u>INSTITUTION</u>	<u>COURSE WORK</u>
Masters of Arts	1999	University of Alaska Fairbanks, Alaska	Community Psychology
Bachelor of Science	1990	University of South Dakota Vermillion, South Dakota	Psychology

Elizabeth works within a holistic framework that considers mental, emotional, spiritual, relational and physical wellbeing. Her therapeutic approach is to provide compassion and nonjudgmental support to help clients through difficult times. She uses an integrated approach in order to meet the individual needs of each client. Elizabeth has been trained in Cognitive Behavioral Therapy, Psychotherapy, Person Centered Therapy, Grief Counseling, Complex Trauma, Animal Assisted Therapy, and Brain Spotting technique. Elizabeth is experienced in working with individual adults and adolescents struggling with depression, anxiety, trauma, anger, addiction, ADHD, OCD and a variety of other difficulties. She is also experienced in providing therapy for couples, families and groups.

Confidentiality:

Confidentiality is an important component of therapy. Information you share cannot be disclosed except as required, or allowed, under state law. See “Counseling and Fee Policy Agreement” and “Notice of Privacy Practices” for additional information on confidentiality and client rights.

Your signature is required on the Acknowledgement Form.