

Meet Our School- Based Therapist

Korina Calbay, M.S.

Staff Associate Therapist
kcalbay@summitcounseling.org



“The highest and most fruitful form of human freedom is found in accepting, even more than in dominating. We show the greatness of our freedom when we transform reality, but still more when we accept it trustingly as it is given to us day after day.”

– Fr. Jacques Philippe

Korina’s therapy approach focuses on helping clients differentiate between their authentic selves and self-defeating beliefs, fostering a supportive environment for exploring their life stories. Through collaborative goal-setting and methods like CBT, DBT, and person-centered therapy, she empowers clients to manage difficult emotions and build renewed confidence. With a Master’s in Clinical Mental Health Counseling and experience with diverse populations, she addresses the stigma around mental health, particularly in church and minority communities. Outside of therapy, Korina enjoys reading, cooking for friends, and exploring vintage shops.