

# A provider by your side

Christine Eckblad, MS, LPC  
Licensed Professional Counselor



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Master's in Counseling from Mt. Mary University

Adjunct Instructor at Mt. Mary University in the Graduate Counseling Program

#### Philosophy of Care:

Therapy is a great tool to use during difficult times. Therapy is an ongoing journey of self-knowledge, healing and growth. I help client's learn about themselves, developing new ways to cope through personal challenges and find the confidence to navigate through them. My approach to therapy is collaborative and patient centered.

#### Clinical Interest:

I have an eclectic approach to counseling and tailor treatment interventions according to each client's needs. I use components from Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT) and mindfulness. I work to cultivate a safe, non-judgmental and validating environment.

#### Personal Interests:

I enjoy staying active with playing golf, practicing yoga, Orangetheory Fitness and watching sports. Also, spending time with my husband and three daughters.



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