

A graduate of Southern State, Crabtree furthered her education at Lindsey Wilson College by receiving a Bachelor of Arts and master's degree. She has over 10 years of experience in various service roles in the local community. Presently, she counsels in a local school setting and a private practice at Creekside Therapy Center.

Crabtree's approach as a therapist is supportive and encouraging, with a good dose of challenging prompts and humor sprinkled throughout. She utilizes an integrative approach, incorporating many counseling theories, including Cognitive Behavioral Therapy (CBT), Positive Psychology, and Holistic/Mindfulness treatment modalities. Because people and circumstances are unique, these are incorporated into personalized treatment plans to help her clients navigate various challenges in life.

At Southern State, the one-on-one counseling sessions will be provided as a free, confidential service to students who may be dealing with stress, grief and loss, adjustments to life changes, and other concerns.

Dr. Erika Goodwin, Vice President of Academic and Student Affairs at Southern State could not be happier to have a licensed professional counselor on campus for the students. "When life becomes overwhelming, our students have a place to go for help," Goodwin says. "Navigating the ins and outs of daily living can be tough, so having this free resource

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