



*Tamika Baines*  
*Clinical Intern*

Tamika is a graduate student at the University of Bridgeport studying to obtain her Master of Science degree in Counseling. She is specifically focusing her studies on Clinical Mental Health Counseling. She has been a member of Chi Sigma Iota International Counseling Honor Society since 2017. Tamika received her Bachelor of Arts in Psychology from Southern Connecticut State University. Her clinical interests include Anxiety, Depression, Anger Management, Emotional Disturbances, Self-esteem, Family Conflict, Stress Management, and Communication/Coping Skills. Her theoretical orientation is primarily Cognitive Behavioral Therapy (CBT).

Tamika has an empathic and genuine ability to connect with and work effectively with children, adolescents, and adults. She is an intern that brings an extensive amount of experience from her professional, as well as, educational background. She is very passionate about helping people through their emotional, mental, and/or relational difficulties. She strives to create a safe, respectful, and collaborative space in order to explore healing, insight, and healthy strategies to promote and enable growth in her clients.