



## **Nick Kopazna, LPC**

I am a Licensed Professional Counselor and have over eleven years of experience working with children, adolescents, and their families in a variety of settings. These settings include extended day treatment programs, therapeutic foster care, in-home behavioral support program, psychiatric residential treatment facility, clinical day school, and outpatient private practice. My experience focuses on developing pro-social behavior, adaptive coping skills, feeling identification, and stress as well as anger management techniques. Also, through my work with parents/caregivers, I offer insight on how to instill structure in the home by the use of incentive plans.

While working with clients and their families, I take a collaborative approach that builds on strengths to work toward achieving goals and alleviating stress/strong negative emotions.

I specialize in working with children, adolescents, and adults who are suffering from depression and/or anxiety. By utilizing techniques from cognitive behavioral therapy as well as solution focused therapy, I help clients navigate through life's transitional stages and alleviate distress.