



First things first..... You are not "broken". Everyone is worthy of having a joyful, satisfying life but sometimes we need help. It's ok. I would be honored to work with you and help you reconnect with yourself and gain control over your life.

I aim to empower individuals to rebuild relationships, improve self-esteem, develop positive coping skills, and overcome any challenge life has thrown your way. I believe in counseling. I believe in having a safe place to be yourself and discuss hardships, and thoughts free of judgement. During counseling we will address your specific needs.

This is your opportunity to get the help you need and deserve. As a team, we will work together.

Call or Text Alicia Cunningham to schedule a free phone consultation at (314) 901-9997.

### **Finances**

Cost per Session: Our current contracted rate, individual fee of \$50.00, student is responsible for \$10.00 paid directly to the provider.

### **Qualifications**

School: Lindenwood University

Year Graduated: 2012

### **Additional Credentials**

License No. and State: 2017041097 Missouri and pending Illinois Licensure

**Location**

8420 Delmar Ave

Suite 300

Saint Louis, MO 63124

(314) 301-9994

**Telehealth Sessions provided****Specialties**

Addiction

Life Transitions

School Issues

**Issues**

Anger Management

ADHD

Alcohol Abuse

Anxiety

Behavioral Issues

Bipolar Disorder

Coping Skills

Depression

Life Coaching

Medical Detox

Medication Management

Peer Relationships

Relationship Issues

Self Esteem

Stress

Substance Use

**Mental Health**

Mood Disorders

**Sexuality**

Bisexual  
Lesbian  
Gay

### **Client Focus and Age**

Adults  
Adolescents / Teenagers (14 to 19)  
Preteens / Tweens (11 to 13)  
Children (6 to 10)

### **Treatment Approach**

#### **Types of Therapy**

Coaching  
Cognitive Behavioral (CBT)  
Compassion Focused  
Culturally Sensitive  
Family Systems  
Motivational Interviewing  
Narrative  
Person-Centered  
Solution Focused Brief (SFBT)  
Strength-Based  
Structural Family Therapy  
Trauma Focused

#### **Modality**

Individuals  
Couples  
Family