



Noman Ahmed is a compassionate mental health counselor dedicated to helping individuals and families navigate life's challenges. With four years of experience, he specializes in helping immigrants process the complex emotions associated with transitioning to a new country, guiding young adults as they find their footing in adulthood, and supporting LGBTQIA+ individuals in understanding their identities. He is also skilled in assisting couples and families in building stronger, healthier relationships.

Noman's therapeutic approach combines Cognitive Behavioral Therapy (CBT) with solution-focused techniques, allowing him to effectively address a range of issues, including PTSD, bipolar disorder, grief, anxiety, depression, relationship struggles, gender identity questions, and addiction. He has been working successfully in helping clients navigate the difficult waters of trauma and loss by blending CBT's focus on reshaping negative thoughts with the strength-building approach of Solution-Focused Brief Therapy.

Noman is committed to providing a safe, inclusive, and affirming environment for all his clients. Whether seeking support for personal growth, relationship challenges, or overcoming past trauma, you can expect an empathetic and effective therapeutic partnership with Noman.