

Laura Schleifer, MA, LPC, NCC

Counselor / Mental Health Therapist
GreenPath Clinic

Ms. Laura Schleifer believes that each individual holds unique strengths, wisdom, and the capacity to heal, grow, and thrive. She received her Bachelor of Arts in Psychology from George Mason University and her Master of Arts in Mental Health Counseling from Capella University. She helps clients discover the tools they already possess and to use them effectively to reach their goals. She also teaches new skills and considers it a privilege to join with clients on this collaborative healing journey.

Ms. Schleifer has a wide range of experience serving children, youth, adults, and families. Her specialty areas include treating social, emotional, and behavioral issues related to grief, trauma, family conflict, divorce, adoption, ADHD, and developmental delays. She also enjoys working on issues related to loss and trauma, and helps those navigating their way through life transitions, physical disabilities, or interpersonal conflicts. These situations often lead to symptoms of anxiety, depression, or post-traumatic stress that can be alleviated through the power of a warm, supportive therapeutic relationship.

Ms. Schleifer brings an accepting, humanistic stance to all of life's problems and works holistically to help clients cope with difficulties and find solutions. Treatment is tailored to individual needs, often incorporating mindfulness approaches to reduce stress and promote greater well-being.

Over the years Ms. Schleifer has had the opportunity to live and work in several countries, familiarizing herself with many cultures. In addition to traveling, learning, and artistic endeavors, she loves spending time in nature and playing with the many children and animals in her life. Some of her favorite quotes include "*And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom*" from Anais Nin; "*Never, never, never, never give up*" from Winston Churchill; and "*All we have to decide is what to do with the time that is given us*" from J.R.R. Tolkien.