

**Amanda Scott, MA, LCPC, NCC**

Counselor / Mental Health Therapist

GreenPath Clinic

Ms. Amanda Scott believes in the importance of focusing on the positives, wanting to help others identify and use their strengths to help overcome or strengthen areas of weakness. She received her Bachelor of Science in both Elementary Education and Special Education from Grand Canyon University. After many years in the education field, Amanda then decided to obtain her Master of Arts in Clinical Mental Health Counseling from Concordia University. She is planning to soon begin her doctorate in clinical psychology. Amanda's background in teaching guides her techniques to meet her clients where they are and help them grow and develop to reach their therapeutic goals.

Ms. Amanda Scott has experience working with children, youths, adults, families, and groups, treating anxiety, depression, ADHD, social behavioral issues, autism, and family conflict. She understands the importance of creating a safe and supportive environment for growth. In order to learn with an open mind, one must first be in a calm, present mental state. In therapy, Amanda utilizes Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Solution-Focused Therapy.

Her therapy approach is much like her favorite quote: *"Grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference"* from Reinhold Niebuhr.

Ms. Amanda Scott is a current resident of Villa Park and a mother of two sons. In her free time, Amanda loves to read, exercise her dogs, and spend time with her boys.