

Laurie Monroe MSW, LCSW

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healingtheinnergoddess.com

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Assisting individuals, couples, and families to increase awareness of their own power to heal and grow in response to life's challenges.

Is your past negatively affecting your current relationships? No matter how hard you try, does your past present a barrier to your happiness and ongoing progress in obtaining the life you know you deserve? I can offer you tools to help guide you on your path toward success.

I specialize in helping people recover from: PTSD, domestic violence, sexual assault, child abuse, divorce, anxiety, depression, and alcohol/substance dependency. My theoretical orientation is eclectic, holistic, feminist, solution-focused, strength-based, and centered on the family therapy model. It has been my personal experience and professional observation that the need for inner healing is often a barrier to obtaining and maintaining sobriety, health and happiness.

I regularly conduct hour-long psychotherapy sessions, but as a social worker, I go the extra mile to connect my clients with any services she/he needs. Humboldt County has a wealth of community services available

and I maintain awareness and networking with these agencies. When therapeutically appropriate, I accompany clients to Medical, Psychiatric, Educational, and other important appointments. Interventions, Confrontations, Home Visits, Family Meetings, Medication Management, Substance Abuse Assessments, referrals to Detox and Substance Treatment Programs and Rehab Aftercare, Domestic Violence services, Rape Crisis referrals and Counseling, Victim of Crime referral, Restraining Order referral and Counseling, Social Security Disability Applications and Reports, Therapeutic Support Animal Letters, assistance with College Enrollment and Financial Aid Applications, Resumes, and Job Applications, to list just some of the services that may be available if therapeutically warranted. My 35 years of sobriety provides a personal understanding of the complexities of obtaining and maintaining a clean and sober life.

Laurie received a Bachelor's Degree in Anthropology from Humboldt State University and a Master's of Social Work with an emphasis in Child and Family Services from Sacramento State University. She became a Licensed Clinical Social Worker in 2004 and maintains a successful psychotherapy practice in Eureka, California.

Besides personal experiences as a survivor of sexual assault and domestic violence, her employment history includes: Humboldt County CWS Children's Shelter; Catholic Charities Counseling Agency, CASA (Court Appointed Special Advocates) of Humboldt, Redwood Coast Regional Center (working with people who have Developmental Disabilities), and Humboldt Women for Shelter (now Humboldt Domestic Violence Services).



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