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DEEPER MEANING
COUNSELING

Don Moraud, MSW, LCSW

With nearly 10 years of experience working in the mental health field, I've learned just how important mental, emotional, and spiritual health is. Life is hard, but our management of it is what determines the level of difficulty we experience.

Making the decision to seek help is no easy task; It requires a level of vulnerability that is uncomfortable to most. Deeper Meaning Counseling, LLC (DMC) plans to honor your commitment by establishing a healthy therapeutic alliance filled with support, challenge, psychological tools, and education. Our passion is to help people deal with life stressors caused by trauma.

A healthy therapeutic relationship exists when a client feels safe to be vulnerable without the fear of judgement. Together, we will work to build motivation and strength to regain control over your mental, emotional, and spiritual health.

DMC is committed to the advancement and promotion of mental health. With programs specifically geared towards youth within their community as well as adults seeking therapeutic services, DMC believes in the effectiveness of a wrap-around approach. For youth served, they will be given tools and psychoeducation to develop health structure and skills to use as they progress towards adulthood.

Services

Specialties:

- Trauma and PTSD
- Anxiety
- Depression
- Self-esteem
- Emotional Regulation
- Anger Management

Therapeutic Modalities:

- CBT
- Interpersonal
- Mindfulness-Based
- Positive Psychology
- Strength Based
- Trauma Focused

Who do we serve?

DMC serves both the youth and adult populations.

- Youth can be connected through the Children System of Care (CSOC)
- Adults can be connected by personally reaching out to DMC

Contact

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