



Christine Savage, LPC Intern

Supervised by Marianne Metzner, LPC- Supervisor

chris@southaustincounselingservices.com

Chris is a person-centered, approachable, caring counselor who works with her clients collaboratively to help find answers and solutions to life challenges. She provides a safe space in which clients can speak freely about feelings and thoughts without judgment. Her sessions with clients often include laughter. Chris believes that when we can see the humor in situations, sometimes even just a tiny bit of it, our minds and hearts are given a lift, and our anxiety is reduced. Levity allows the mind to take a breath and become calmer; a calm mind can much more easily arrive at potential solutions than can an anxious mind.

Solution-Focused Therapy is a favorite therapeutic style Chris employs. She will work on one life situation or challenge at a time with you, providing that life challenge the full attention that it deserves during your counseling sessions. Chris will guide you on prioritizing your life challenges in order from most bothersome to least bothersome and then work with you toward clarity and potential solutions as you move towards resolution and healing.

Chris also practices Cognitive Behavioral Therapy, one of the most highly effective, evidenced-based practices available, particularly with clients who struggle through symptoms of anxiety and depression. Furthermore, It is Chris' aim to help you to achieve less anxiety and depression and more life satisfaction as quickly as possible.

Chris serves adults 18 years and older.

Areas of Expertise:

Days/Hours available

Rates

Life Transitions	Wednesday - 11:30am -1:30pm	\$95.00 Initial Assessment
Anxiety	Thursday - 12:30pm -7:30pm	\$90.00 per session thereafter
Depression	Friday - 12:30pm -7:30pm	
Anger Management	Saturday - 12:30pm -7:30pm	