



Meet Mia Tracy, LCSW
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“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

~Victor Frankl

I believe that our well-being begins with awareness, and to be aware, we must first be objectively curious about who we are and what we do. With this awareness, we begin to notice our “hidden” thoughts and emotions that can hold us back.

I work with clients to “make sense” of the how their history is intersecting with current life experiences. Life can present us with great challenges, and those challenges can bring us growth or defeat. I will “hold the space” for clients to begin the process of healing and growth.

Research has shown that the relationship between the therapist and the client is the best predictor of success in psychotherapy. I strive to create a safe environment for clients to express their deepest feelings and thoughts by being genuine, listening attentively and intuitively.

I am both compassionate and direct. I use various therapeutic approaches, such as Mindfulness to connect with our physical self, Internal Family Systems to discover the client’s narrative, Cognitive Behavioral Therapy to learn how thoughts influence emotions and actions, and EMDR to work through trauma.

Areas of Expertise:

Days/Hours Available

Rates

Relationship Issues

Weds - 10:30am – 4:30pm

\$130 Initial Session

Attachment Issues

Thurs - 12:30pm – 7:30pm

\$120 Following Sessions

Substance and Process Addictions

Friday – 9:30am – 5:30pm

Chronic Pain

Body Image

Health and Wellness

Depression/Anxiety

PTSD/Complex Trauma (EMDR)