



Meet Mia Tracy, LCSW  
[mia@southaustincounselingservices.com](mailto:mia@southaustincounselingservices.com)

“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 a variety of therapeutic approaches such as EMDR to process trauma, mindfulness to work in present the moment, attachment theory to discover how we relate to others, and narrative therapy to listen to the stories (true or false) that we create about ourselves.

---

**Areas of Expertise:**

**Days/Hours Available**

**Rates**

Relationship Issues

Weds - 11:30am – 5:30pm

\$130 Initial Session

Attachment Issues

Thurs - 12:30pm – 7:30pm

\$120 Following Sessions

Substance and Process Addictions

Friday- 12:30am – 5:30pm

Chronic Pain

Body Image

Health and Wellness

Depression/Anxiety

PTSD/Complex Trauma (EMDR)