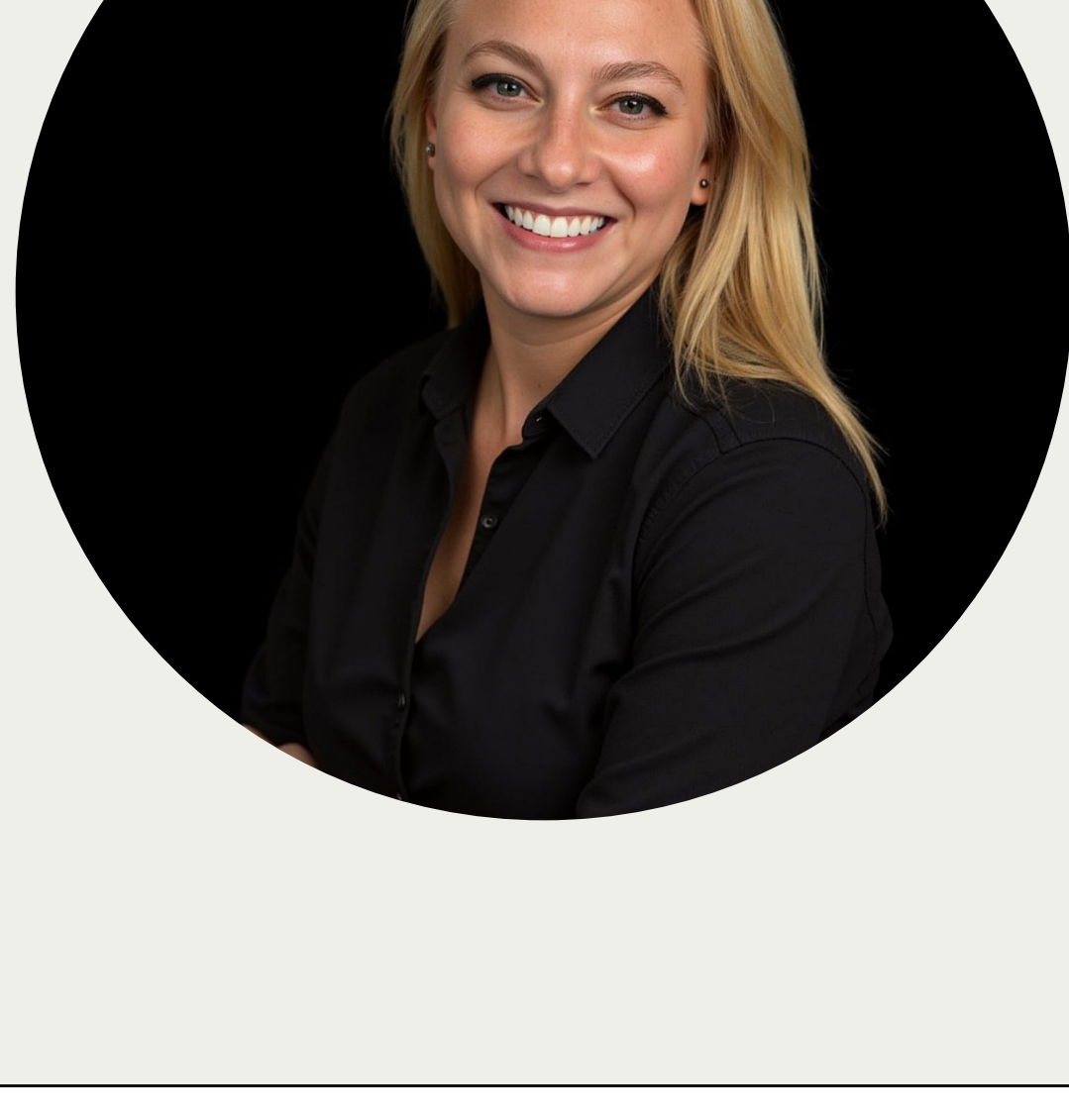


CHRISTIE CARRERA, LCSW

President/Co-Founder of Adaptive Counseling & Therapy

ONLINE THERAPY FOR TEENS, ADULTS, AND COUPLES
ACROSS NEW JERSEY, PENNSYLVANIA, AND CONNECTICUT

Psychology Today Profile



Hi! I'm Christie Carrera

I'm a Licensed Clinical Social Worker who works with a variety of challenges. My goal is to help you stop feeling overwhelmed and start guiding you to where things feel manageable again.

My Journey To Becoming A Therapist

THE STORY

I'm no different from the clients I see. Like everyone else, I'm human. I've been through both wonderful and difficult experiences that have shaped who I am and how I help.

When I was younger, the concept of therapy was taboo and reserved for the "people who really needed it." What I've learned over the years is that therapy can be whatever you want or need it to be.

Since childhood, I always wanted to help people with their problems. On the playground, I was the one who helped sort out fights between friends. I realized then that I was pretty good at solving problems. As I got older, I advanced beyond the playground and became really interested in stuff like how our brains work, why we act the way we do, and how relationships work.

In other words, I've been committed to being a therapist since forever. And after years of formal education, training, and practice, I help others through all kinds of challenges.

So whether you're looking to learn some new coping skills, or you need some help improving the communication in your relationship, or you just need someone to talk to while getting through an adjustment period of your life, therapy is a resource for everyone, and I'm here to help.

Every Day I Look Forward To Helping People

BEING A THERAPIST IS REWARDING

I love helping people become healthier and more empowered and watching them transform their lives. The most rewarding thing about being a therapist is knowing that I had a part in helping someone create a life they love. I am committed to guiding you to where things feel manageable again, moving from stuck to thriving.

I Have A Genuine Interest In Others And Bring Genuineness And Warmth To Sessions

I HAVE A NATURAL ABILITY TO

- Connect with people through identifying what they are going through
- Make people laugh, even when times are tough
- Ask questions rather than having the client do all the talking
- Provide solutions to feel less unhappy and stressed

People who know me often say that I am funny!
In session, my ability to help people laugh helps break the tension.

OUR SESSIONS ARE FOCUSED ON YOU

Sessions will provide you with the space to be understood and heard. In feeling safe and comfortable, you'll be able to explore your thoughts, feelings, and goals and be understood and heard.

It's important to me to provide a non-judgemental space where you can be yourself and ensure that the process is collaborative. There isn't a "one size fits all" approach to therapy. Our sessions will fit your specific needs and concerns.

As A Therapist, I Embrace The Following Philosophies

- I believe that you are worthy of love and care
- I believe that there is no shame in asking for help
- I believe that survivors are not what happened to them
- I believe that change is possible when you allow yourself the space to do the work

My Professional Background

I received a Master of Social Work degree from Rutgers University. I work from an integrative approach, involving different theoretical orientations (such as ACT, DBT, and CBT), to find the best fit for each client to encourage healing and growth.

I am passionate about client-empowerment, providing access to skills that clients can utilize and effectively enhance their quality of life. I have experience working with individuals across the life span with a variety of diagnoses and life challenges, often treating diverse issues such as:

anxiety, complex trauma, couples counseling, depression, emotional disturbances, grief and loss/ambiguous loss, phase of life concerns, and relationship issues.

PROFESSIONAL TRAININGS

Acceptance and Commitment
Therapy (ACT)

Certificate in Clinical Supervision

Certified Clinical Trauma
Professional Competency
Training

Certified Family Trauma
Professional Intensive Training

Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy
(DBT)

Healing in Couples Therapy:
New Strategies to Rebuild Trust,
Overcome Trauma & Save
Relationships

Internal Family Systems Therapy
(IFS) and Parenting

Lesbian, Gay, Bisexual, Transgender and Questioning
(LGBTQ) Clients: Clinical Issues and Treatment
Strategies

Neuroscience & Self-Regulation Techniques for Kids with
Autism, ADHD, & Sensory Disorders

Solution Focused Brief Therapy
(SFBT)

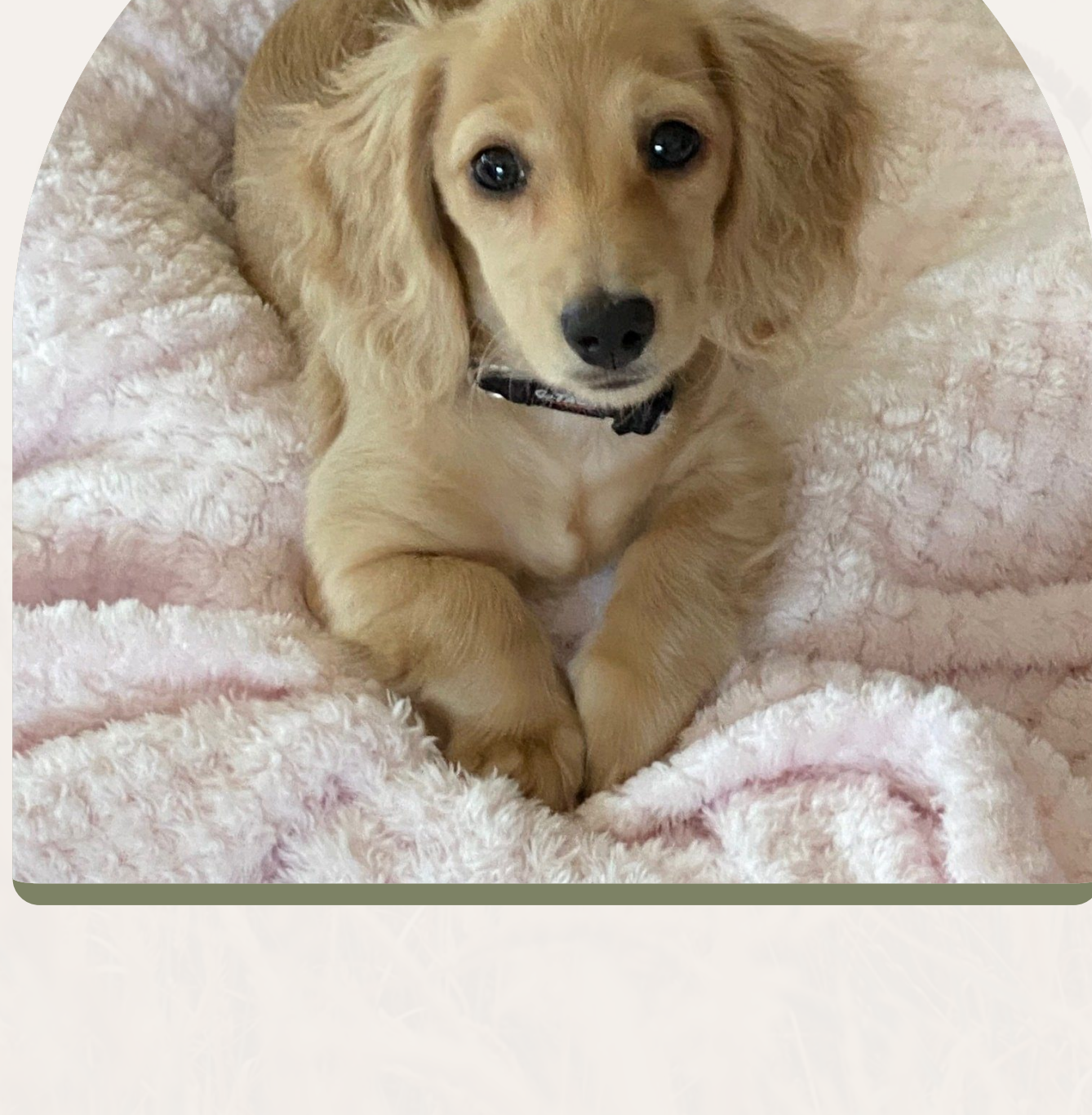
Supporting Adults, Teens, &
Children with Loss

TeleMental Health Training
Certification (THTC)

Eating Disorders and Disordered
Eating

Solution Focused Brief Therapy
(SFBT)

Parent Management



On A Personal Note...

I love experiencing live music, reading fiction, binge watching any sci-fi or fantasy-related content, and I'm an equal opportunity dog lover – but especially my dog, Ahsoka.

She sometimes makes a guest appearance during my sessions.

Let's Discover How I Can Help

Start learning the skills and tools necessary to cope with life's challenges.
Reach out and let us know that I could be your best fit therapist.

When you reach out, you'll talk to our office staff and you can share what's going on for you, ask any questions you may have, and get scheduled for your first session with me.

Email us today at info@adaptivetherapynj.com or call (732) 292-5711.

STOP FEELING OVERWHELMED AND START FEELING
SATISFIED. GET STARTED WITH THERAPY TODAY

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[Map](#)

