

## Psychology

Psychologists study cognitive, emotional, and social processes and behavior by observing, interpreting, and recording how people relate to one another and their environments. Practicing psychologists have the professional training and clinical skills to help people learn to cope more effectively with life issues **and mental health problems.**

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**Thompson, Brittany, LCSW (NC# C009323)**

Psychotherapist

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Brittany offers therapy to adults. Brittany listens, supports, and problem-solves together with individual to reach goal and find balance, reduce suffering, and work toward the change the individual desires.

Brittany specializes in Dialectical Behavioral Therapy (DBT) and Emotionally Focused Therapy (EFT), and continues to train in the field for the latest understandings of treatment with the focus of treating persons with anxiety, depression and Traumatic Brain Injury (TBI).

**Wynn Family Psychology**

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