



**Clarity Counseling
Solutions, LLC**



clarity counseling solutions



grateful never relapses

Laura Anne Pasker, LCPC, LMHC, CCTP Qualified Supervisor, Florida & Illinois Certified Grief Educator

Seeking help can be one of the most rewarding decisions you can make. I believe it is our challenges that help us to facilitate change, and through that change, we come closer to our most authentic selves. While partnering with you during the course of therapy, I believe in building trust and rapport, as this is essential to the therapeutic process. We will collaboratively develop treatment goals while on your journey of self-discovery, as we heal through connection.

With over 17 years as a mental health professional, I have experience working in a variety of treatment settings. I am a licensed counselor in both FL and IL, with additional training in grief, mindfulness, DBT and trauma based approaches such as EMDR and somatic work. My eclectic and holistic approach to therapy includes CBT, Psychodynamic, Existential/Humanistic and Narrative therapeutic modalities. I believe the stories we tell ourselves matter, and I am here to guide you in coordinating your journey to wholeness. I believe that "grateful never relapses," and look forward to partnering with you in gratitude, as shifting our mindset while on the journey of self-discovery is key.



***In Person and Telehealth Sessions**

Why Choose Clarity

Here at Clarity Counseling Solutions, our approach is individualized and tailored to your specific needs and goals. We believe in healing together, as we cannot walk alone on the road to recovery and self discovery without connection. Are you ready to begin your journey today?



Clarity Counseling Solutions, LLC



I started my time with Clarity, hopeless and blurry-eyed and it ended up being one of the most eye-opening transformative journeys of self-discovery in my life. Their extensive qualifications made me confident they could help me. They listened to my concerns and offered a combination of validation for how I was feeling and thoughtful insight. I felt safe, seen, heard and more importantly, I felt hopeful. I am eternally grateful for Clarity Counseling. – Jamie



Laura's Specialties & Expertise

Individuals, Couples & Families

- addiction (all A's welcome)
- mood disorders
- trauma/abuse
- co-dependency
- relapse prevention
- anxiety & depression
- grief
- growth through life's transitions sharing tools to help you navigate your day to day



In Network Insurance Plans

Insurance Plans

United/Optum
Cigna
Baycare Cigna
Aetna
FL Blue

EAP Plans

Baycare
Cigna
Aetna
United/Optum
New Directions
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**GOOD FAITH ESTIMATE OF SERVICES
PROVIDED FOR PRIVATE PAY RATES.**

CALL OR EMAIL TO SCHEDULE AN APPOINTMENT



716-553-1011

Providing integrated holistic counseling services to meet your individualized needs.



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www.claritycounselingsolutionsllc.com



www.gratefulneverrelapses.com